



## **GREAT AMERICAN SMOKEOUT** **#OneGoodReason**

**What:** Campaign to create awareness about the importance of living tobacco-free.

**Why:** 42 million Americans still smoke cigarettes. Tobacco use remains the single largest preventable cause of disease and premature death in the United States. The American Cancer Society marks the **Great American Smokeout**<sup>®</sup> on the third Thursday of November (**November 17, 2016**) each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

**Who:** Tobacco users AND tobacco-free individuals.

**How:** Write your **#OneGoodReason** to stay tobacco-free or to become tobacco-free and encourage coworkers, neighbors, family members, friends and members of your community group to do the same.

**Where:** Share your **#OneGoodReason** on our Facebook page - [www.facebook.com/whytobaccofreeLanc](http://www.facebook.com/whytobaccofreeLanc) or email it to [tfcoflancastercounty@gmail.com](mailto:tfcoflancastercounty@gmail.com).

**When:** November 1 – November 30, 2016.