

# Great American Smokeout — November 18, 2010

Dear Me: Nobody can make me quit but me and now is my time. November 18, 2010 is the Great American Smokeout. What a great day to quit smoking and start a healthier tobacco free life. Do you know why you should quit? Write down your thoughts in your very own Dear Me letter. You can hear the letters of others at <http://www.healthyohioprogram.org/healthylife/tobc2/dearme/drmeintro.aspx>.

Quitting tobacco use is hard and we are here to help. Quit today by calling 1-800-QUIT NOW (1-800-784-8669) or log on to <http://www.nationaljewish.org/ohio/Enrollment/index.aspx> and celebrate the first birthday of your tobacco-free life.



<http://www.healthyohioprogram.org>



<http://www.facebook.com/HealthyOhio>



<http://www.odh.ohio.gov>