



A Program of TSET



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Great American Smokeout Event Is Thursday, November 17th

The Oklahoma City – County Health Department teams up with INTEGRIS for the Great American Smokeout (GASO) at the YMCA HEALTHY LIVING CENTER - INTEGRIS, 5520 North Independence, on Thursday, November 17th from 9:00 a.m. until 11:00 a.m.

This free **GASO** event is being held to encourage smokers to use this day to make a plan to quit, or plan in advance to quit smoking that day. By quitting, even for just one day, smokers will be taking an important step toward a healthier life and reducing their cancer risk.

Join us to be entered in the door prize raffles, meet the Chick-fil-a cow, test your carbon monoxide levels and gain helpful information. Some of the organizations that will be represented are INTEGRIS, YMCA of Central Oklahoma, Oklahoma City-County Health Department, American Lung Association and Red Coyote. Additionally, we are encouraging attendees and community members to share their quit story by using - #SmokingIsNotOK.

For those interested in quitting, you are not alone. There are many organizations that will be present at the event who are ready to provide resources to help you make a successful quit attempt.

Some tips for those interested in quitting include:

- Set a date to quit
- Determine your triggers
- Have a good support system
- Tobacco proof your life
- Be active every day
- Don't give up if you have a setback – try again!

If you are thinking about quitting, call 1-800 QUIT NOW (1-800-784-8669) or visit OKhelpline.com to customize a program designed to fit your needs through calls, text messages, emails, a quit guide and or a free starter kit with a two-week supply of free patches, gum or lozenges.

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