

# The Great American Smoke Out

Thursday, November 19th

Hillcrest Cafeteria

7-8am

11am-1:30pm

5-6pm



Commit to quit smoking *or* to remain smoke free, and you could win a Thanksgiving turkey!



## Go Cold Turkey.

Stop by the Hillcrest Cafeteria to enter yourself in the raffle. Learn how we can help you on your journey to becoming smoke-free. There will be a special visitor there too!