

*Breeze Through*  
**A DAY WITHOUT TOBACCO**  
*World No Tobacco Day*  
 — Tuesday May 31, 2016 —

**good morning!**

Fight triggers by trying a different route to work!

**lunchtime cravings?**

Go to lunch with co-workers. Their support will help you resist cravings.

**need more support?**

Call to speak to a Quit Coach® staff member. Not in the program? Enroll today!

**afternoon urge?**

Try snacking on carrot sticks or chewing gum while the craving passes.

**evening cravings?**

Play with a rubber band or do a crossword puzzle until the craving passes.

**YOU DID IT!**

We can help you breeze through World No Tobacco Day when you take the first step and enroll in the Quit For Life® Program. Our trained Quit Coach® staff will help you create a plan specifically tailored to your needs. We will give you the tools, knowledge, and confidence you need to deal with your triggers and stay quit. Plus, you'll get access to Web Coach®, an online community where you can track your progress and connect with other people trying to quit. You may even qualify for free quitting aids like patches or gum.

**Become one of the millions of people celebrating freedom from tobacco as part of World No Tobacco Day.**

**1-866-QUIT-4-LIFE (866-784-8454) | [www.quitnow.net](http://www.quitnow.net)**

The Quit For Life Program is brought to you by the American Cancer Society and Optum. The two organizations have 40 years of combined experience in tobacco cessation coaching and have helped more than two million tobacco users. Together we will help millions more make a plan to quit, realizing the Society's mission to save lives and create a world with more birthdays.

The Quit for Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. **If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room**