

The American Cancer Society's

Great American Smokeout Pledge

Tell all your friends
and family about
your pledge to stay
tobacco-free for life!

I, _____, *pledge to lead a tobacco-free life and encourage others to do the same.*

In celebration of the American Cancer Society's Great American Smokeout, I pledge to lead a tobacco-free life because:

- I understand the many dangers involved with tobacco use.
- Smoking is the most preventable cause of death in our society.
- Smoking can harm my life as well as those around me.
- Tobacco use increases my risk not only of cancer, but also heart disease, bronchitis, emphysema, and stroke, and it contributes to the severity of colds and pneumonia.



**Great American
Smokeout®**

1.800.ACS.2345
www.cancer.org

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