

Great American SmokeOut

Do you smoke? Are you thinking about quitting smoking but not sure you're ready to take the plunge? Maybe the **Great American Smokeout** is for you. It's an opportunity to join with literally millions of other smokers in saying "no thanks" to cigarettes for 24 hours.

This event, sponsored by the **American Cancer Society**, is an opportunity for smokers to kick the habit for one day. As a first step, sign up for Blue Care Network's Quit the Nic, a free, telephone-based counseling program to give you the support you need.

During your first Quit the Nic call, a nurse health coach will discuss your readiness to quit using tobacco. In subsequent calls, the nurse will guide you through a series of topics to help you through the quitting process. Each phone session is designed to help you overcome the urge to use tobacco.

Want to know more?

For more information on Quit the Nic, call **800-811-1764** or go to **MiBCN.com**.



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