

The Great American Smokeout is Coming!



The Great American Smokeout is Thursday, November 15.

The American Cancer Society encourages smokers to use the date to make a plan to quit, or to plan in advance and quit smoking on that day. For free information, resources, strategies and support for quitting, contact your GuidanceResources® employee assistance program.

Quitting smoking is hard, but it's worth it.

Call:

Go online: guidanceresources.com

TDD: 800.697.0353

Your company Web ID: