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2015 Great American Smokeout

Quit Like a Champion!

Pledge

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

I, _____, pledge to continue 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