

# Be Tobacco – Free in 2018!

Join us in celebrating the 2018 Tobacco-Free Holidays by quitting for one whole day.

Pledge to quit and you will receive a quit kit full of tools and gifts!

## March 15 - Kick Butts Day

Supports the campaign for tobacco-free kids

## May 31 - World No Tobacco Day

Draws attention to health problems caused by tobacco use

## November 17 - Great American Smokeout

Supports quitting tobacco to reduce the risk of cancer

To receive a kit, please email **NO LATER THAN** one week before one of the tobacco-free holidays listed above (one kit per year per employee).

[staffwellness@palmbeachschools.org](mailto:staffwellness@palmbeachschools.org)

