

# American Cancer Society's Great American Smokeout

- Quit for good.**
- Quit for a month.**
- Quit for a week.**
- Quit for a day.**

**...yeah, I can do  
that.**

**THURSDAY, NOVEMBER 19, 2020**

**ZOOM PRESENTATION**

**<https://ncc-zoom.zoom.us/j/95685730979>**

**11:30am – 12:30pm**

**Guest Speaker: Patricia Folan, DNP, CTTS**



- Learn about the effects of smoking and vaping**
- Learn the positive effects of quitting**
- Get information on how to quit**

*Sponsored by: The Substance Awareness Committee,  
Nassau Community College*