

AMERICA'S HEROES

Give Up Smoking— For One Day

(NAPSA)—The people who protect America can spend one day doing something to protect themselves. One segment of the population that uses tobacco at particularly high rates is 18- to 24-year-old enlisted personnel. Quit Tobacco—Make Everyone Proud, the U.S. Department of Defense's tobacco cessation campaign, encourages active-duty military members and their loved ones to participate in the Great American Smokeout on November 19, 2009, and to quit for the day.



A unique program lets Americans encourage members of the armed forces to quit smoking.

An award-winning Web site, www.ucanquit2.org, is headquarters for the Quit Tobacco—Make Everyone Proud campaign. There, young people in the military contemplating quitting can find resources and innovative high-tech tools to support their efforts. Family and friends can encourage smokers to quit and send entertaining Great American Smokeout e-cards. Quit Tobacco—Make Everyone Proud offers information and advice about quitting for one day—or for good. My Quit Space features personalized support that lets users create a customized quit plan, quit calendar and blog. Live chats with tobacco cessation coaches are available 8:30 a.m.–10 p.m. EST, seven days a week. For more information, visit www.ucanquit2.org.