

GREAT AMERICAN SMOKEOUT

NOVEMBER 16

I, _____ (print name)
_____ (cellphone)

have made the decision to stop smoking or vaping or using any other form of tobacco on Thursday, November 16, 2023 from the time I wake up until I go to bed to celebrate the Great American Smokeout. Although this is a very difficult choice for me to make, I know that by going tobacco-free, for one day, I can increase my chances of going tobacco-free permanently in the future.

If successful on going smoke free for the entire day, please return this pledge to NCKMC hospital by **scanning and emailing this form to dmbaumann@nckmed.com by Friday, November 17 at 5pm.** There will be a drawing for a frozen turkey from the returned pledges.

Since pledges are sometimes better kept when there is a partner involved, please include their name below (not required). If a smoker would like to have a partner and they do not smoke, they can pledge to give up one bad habit for the entire day also such as caffeine, sugar, etc.

Partner Name _____
What was given up _____
Signature _____

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