



Great American Smokeout: November 19, 2009

Quitting Resources for N.C. State Employees

Join us for any one of four free Webinars on Great American Smokeout Day, November 19

“There’s Never Been a Better Time to Quit”

Space is limited.

Reserve your Webinar seat now at:

9 a.m.: <https://www2.gotomeeting.com/register/400818867>

11 a.m.: <https://www2.gotomeeting.com/register/548334218>

Noon: <https://www2.gotomeeting.com/register/924305986>

4 p.m.: <https://www2.gotomeeting.com/register/801029130>

On Great American Smokeout Day, take 20 minutes to learn what free and low-cost resources are available to help you quit tobacco for good!

Donna Dayer, Tobacco Cessation Specialist for the Tobacco Prevention and Control Branch, NC Division of Public Health has 20 years experience helping people quit and training others to do the same.

This webinar series will be a quick, easy way to get the latest information on how you or someone you love can quit tobacco. This free webinar will be repeated at 9 a.m., 11 a.m., 12 p.m. and 4 p.m. for your convenience. It is open to anyone with interest in quitting, so feel free to share this link with others.

Questions and Answers will be available by “chat.”

Register Today!

Title: *Great American Smokeout: Quitting Resources for N.C. State Employees*

Date: Thursday, November 19, 2009

Time: 9 a.m., 11 a.m., Noon, 4 p.m.

After registering you will receive a confirmation email containing information about joining the Webinar.

System Requirements

PC-based attendees

Required: Windows® 2000, XP Home, XP Pro, 2003 Server, Vista

Macintosh®-based attendees

Required: Mac OS® X 10.4 (Tiger®) or newer

