



Every cancer. Every life.



# Empowered to Quit

Quit smoking with help from the American Cancer Society

**Let's face it, taking your life back from smoking is hard.  
But with help, you can be empowered to quit smoking for good.**

American Cancer Society researchers developed **Empowered to Quit**, an email-based program to help you quit smoking.

## How it works:

- You set your quit day and make a plan.
- Our quit team sends you emails filled with information specific to your needs.
- You get encouragement and personalized tips along your quit journey.

With **Empowered to Quit**, you'll harness the power of American Cancer Society research on your journey to quit smoking. Learn more about the program and start your quit journey today.

**Scan the QR code to start your quit journey.**



**Or visit:**  
[cancer.org/EmpoweredToQuit](https://cancer.org/EmpoweredToQuit)

[cancer.org](https://cancer.org) | 1.800.227.2345

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