

GREAT AMERICAN SMOKEOUT

STICK TO QUITTING

NOVEMBER 18, 2021

HOW IT WORKS

Let's face it, quitting smoking is HARD. But TRU feels, if at first you don't succeed, quit, quit again. And we're there to help, with encouraging, handwritten messages from TRU members.

1. Students write inspiring messages on sticky notes encouraging people to quit smoking
2. Stickies are posted in high-visibility areas all over town (or in their own homes)
3. Students share selfies of their stickies and their messages on their social media with [#JustKeepQuitting](#) or [#QuitQuitQuitAgain](#)



Follow along at @TRUinPA

