

it's time to kick the habit for good



healthy changes
everything.®

Nov. 21 is the Great American Smokeout

Why not make this the year to stop using tobacco products? We can provide you with resources and tools to help you get started, and support for the long haul. Visit bsneny.com and search under "Smoking Cessation" for a list of programs.



BlueShield
of Northeastern New York

