

NOVEMBER / 2022

SEMPER FIT HUMAN PERFORMANCE PRESENTS:

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

COLD TURKEY

FOR

COLD TURKEY



NOVEMBER IS TOBACCO FREE LIVING MONTH

Commit to going Tobacco Free for the month of November to receive a turkey for Thanksgiving!

NOVEMBER 17 / 1000-1300

Stop by the PX for extra chances to win prizes and to turn in tobacco products!

PRIZES INCLUDE:

Whole turkeys, and turkey sandwich vouchers from Jersey Mike's!

QUALIFYING PRODUCTS INCLUDE:

- Chewing Tobacco
- Hookahs
- Cigarettes
- Tobacco Pipes
- Cigars
- Vape Devices

Detailed instructions on how to log your progress will be provided on our registration page. You will also receive access to a Tobacco Treatment specialist to assist you on your journey to quit.

To receive your turkey, register your commitment here today:



NOTE: Registration ends Thursday, November 17

