



**Come out and join
Health Promotion,
Colleges Against Cancer
and Monarch Dining
Services on
NOV. 21st at 11:30-1:30
At three locations –
Perry Library, Rec
Center, Webb Center
(Front Lobby)**

Come visit our tables to play games, win prizes and get the latest information for smokers and non-smokers. Sign the pledge never to smoke or hope to quit in the future and get a Smart, Sexy and Smokefree wrist band. Pick up a kit to kick start your new healthy choice to quit smoking.

Want to go COLD Turkey?
Monarch Dining will give a FREE COLD Turkey sandwich coupon to any student that throws away a pack of cigarettes and signs a “I quit smoking pledge card”.

For more information please contact: Student Health Services via email at cwinter@odu.edu



Colleges Against
Cancer™