

A tobacco cessation program

Freshstart®

Staying Quit and Enjoying It Forever.

FreshStart is the American Cancer Society's quit smoking program. It consists of four one-hour sessions held during a four week period.

Here to help you keep your New Year's Resolution to quit smoking, Student Health Services/Health Promotion will be conducting a FreshStart Program starting 14 January from 12:00-1:00 pm in the Chesapeake Room. Space is limited to 20 participants so sign up on Monarch Link early.

<http://bit.ly/1x1tAGD>

Feel free to bring your lunch during the sessions.

Staying quit and enjoying it forever is possible.

"SHS SUPPORTS ADA ACCESSIBILITY, PLEASE CONTACT US IF YOU REQUIRE ACCOMMODATIONS TO PARTICIPATE"



For more information please contact
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PHYSICAL

