



# Freedom From Smoking

Freedom From Smoking is a course designed to help you quit for **FREE**.

This is a 7 week course beginning  
Monday, January 31st.

All classes will be held on Monday's from 12-1pm in  
The Commons, Room 332.

**Register now!**

Limited spaces available.

Open to all faculty, staff, students and community members.

Contact Mickey Arora at [parora@umbc.edu](mailto:parora@umbc.edu) or 410-455-3752 for more info.

Sponsored by University Health Services and the Baltimore County  
Department of Health

