



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 or 410-455-3752 for more info.

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