

Freedom From Smoking



It's okay to be a quitter



What: Freedom From Smoking Course

Where: Public Policy (PUP), Room 208

When: Fridays, February 8 – March 15, 12-1pm

This 6-week course will help you quit smoking by discussing the obstacles you'll face and how to conquer them. This class is **FREE** for students, faculty, staff, and the general public and quit smoking medications are available to those who qualify.

Sponsored by: University Health Services, Office of Health Education



For more information or to register for this quit smoking course, call 410-455-1558 or email mdark1@umbc.edu.

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