

NU Fitness & Recreation's

lunchtime educational series presents . . .

QUIT SMOKING FOR GOOD!

Learn the strategies, encouragement and information needed to make it happen!

Wednesday, November 7**12:10 - 12:50pm**

Approximately three million Americans quit smoking every year. Some quit cold turkey. Others get help for their physical cravings (e.g. nicotine gum and patches) and their psychological cravings (e.g. attending stop-smoking classes). Join to learn the reasons for quitting, how to overcome excuses, and how to prepare to quit. Participants will receive information on the various methods and support systems available, as well as how to manage withdrawal and high-risk situations. If you're serious about quitting, you won't want to miss this presentation!

A **FREE light lunch** will be available to those in attendance. Pre-registration recommended. For more information, call **(847) 491-4303**.

Location

Northwestern University, Sports & Aquatics Center,
2311 Campus Drive,
Evanston IL, 60208