



Tobacco/Smoking Cessation

Take the first step in quitting tobacco

Quitting isn't easy. It may take you several tries. But we're here for you with support and useful resources to get you started—and we'll be here for however many tries it takes.

If you smoke or use tobacco products, quitting is the best thing you can do for your health and the health of your loved ones. Good planning, support, and the latest quit-tobacco medications can help you succeed.

WHEN Tuesday, April 14, 2015

WHERE California Health Sciences University, Classroom 2

TIME 11:30 AM - 12:30 PM

- Free to all employees and students
- **To Sign Up:** Please contact Jennifer Stemwedel, Director of Student Affairs at jstemwedel@chsu.org

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