

# Freedom From Smoking

*It's okay to be a quitter*



**What:** Freedom From Smoking Course

**Where:** The Commons, Room 327

**When:** Thursdays from 4:30-5:30pm

April 3rd – May 8th

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.



## Did you know UHS offers FREE NRT?

University Health Services provides **FREE** nicotine replacement therapy products for UMBC students, faculty and staff who are interested in quitting smoking. A no-charge appointment can be set up by calling UHS at the front desk. We offer a range of products such as:

**Nicoderm CQ Patch**

**Nicorette Gum**

**Commit Lozenges**

**Chantix (Rx)**

**For more information or to register for this quit smoking course,  
call 410-455-3752 or email [parora@umbc.edu](mailto:parora@umbc.edu).**

