



# Freedom From Smoking

*It's okay to be a quitter*



**What:** Freedom From Smoking Course

**Where:** The Commons, Room 332

**When:** Mondays, Oct. 7 – Nov. 18, 12-1pm

This 7-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).

