

HAPPY HEALTHY NEW YEAR!

Let SU Help You With Your New Year's Resolution To Quit Or Cut Back!

Salisbury University faculty and staff, do you need some help keeping your New Year's resolution to quit smoking or cut back? Maybe you aren't sure if you want to quit, but want to learn more or need help getting through the day on our smoke-free campus. No matter where you are on this journey, SU's Counseling Center is offering the program to support and educate you.

The free program offers education on topics such as:

- social smoking
- health risks to smoking
- effects of second-hand smoke
- benefits of quitting
- medications available
- nicotine withdraw
- smoking habits
- cravings and crucial strategies for dealing with them

The program offers support and motivation from other faculty and staff participants who are going through the same process as you.

"Breathe Easy" in the New Year!

**First Session: Monday, January 10, 8 a.m.
Free • Release Time With Supervisor Approval**

There will be weekly group sessions for six weeks, and participants should plan on attending all sessions. A minimum of six participants is needed to offer this program and space is limited, so please call early. Meeting location is to be determined.

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**For more information or to sign up for the program,
call the Counseling Center at 410-543-6070.**