

QUIT SMOKING TODAY

We can help you.

“Freedom from Smoking” classes will help you learn how to overcome your tobacco addiction so you can enjoy the benefits of better health, extra money in your pocket and healthier relationships.

You will learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good!

“Freedom From Smoking” clinics provide a group setting for adults to work through the quitting process. There are eight group sessions led by an expert who understands how hard it is for smokers to quit.

Pre-registration is required. www.stcloudstate.edu/healthservices; click “Freedom from Smoking”

Dates:

March 13, 20, 27, 29

April 3, 10, 17, 24

Time: 4:45 - 6:15 PM

Place: SCSU Atwood Memorial Center [651 First ave. S \St. Cloud \ 56301]

Cost: \$25.00



Questions? Email hlthpro@stcloudstate.edu

SCSU Student Health Services in cooperation with
American Lung Association in Minnesota

490 Concordia Ave \ St. Paul, MN 55107 \ 651-227-8014 \ www.lungmn.org \ 1-800-lung-USA

QUIT SMOKING TODAY

Finish your spring season breathing easier.
We can help give you the tools you need.
Sign up today for the next set of Freedom From Smoking classes.

Name		
Mailing Address		
City	State	Zip
County	Work Phone	
Email	Fax	
Home Phone <input type="checkbox"/>	_____	
Cell Phone <input type="checkbox"/>	_____	

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<input type="checkbox"/> Check or Money Order Enclosed: \$ _____ [Make checks payable to SCSU]	<input type="checkbox"/> Charge to Credit Card: \$ _____ <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard
	Account #: _____
	Exp. Date: _____
	Signature: _____
	Name (print): _____

Email hlthpro@stcloudstate.edu if you have any questions,
or FAX this form to 320-308-3192 or Mail checks with copy of registration to
Student Health Services / 720 4th Ave. S / St. Cloud MN. 56301