



Set a date to **QUIT SMOKING!**

A plan increases success!

- Create a personalized plan of action!
- 5 Steps to Cope with Urges to Smoke!
- Comprehensive Guide Nicotine Replacement Therapy- A Talk About Urges and Withdrawals.

TUES., MARCH 19

11 a.m. - 12 p.m.

A-1006, Liberal Arts Campus

WED., MARCH 20

11 a.m. - 12 p.m.

EE-102G, Pacific Coast Campus

No RSVP needed!

Questions? Contact Deborah Miller-Calvert (562) 938-3032.

Hosted by LBCC's Healthy Viking Initiative and Student Health Services



If you require accommodations, please contact DSPS at least 72 hours prior to the event at (562) 938-4558 or (562) 938-4833 (TTY) or dsps-staff@lbcc.edu. If you require sign language interpreting services, please contact Stephanie Bonales at sbonales@lbcc.edu or (562) 938-4918 at least seven days prior to the event.