

Kick Butts Day Events

Celebrate the starting of a smoke free campus

Visit our resource table to hear about our Kick Butts Events and educational information. There are materials on the effects of tobacco use, vaping behavior modification, and medication tools. Students can sign a pledge wall supporting a smoke-free campus, and their own personal challenge to reduce their smoking habits. Visit our workshops that are in a friendly atmosphere, that provide a positive encouragement, useful tools, and new habits for a smoke free life.

March 19th

Smoking Cessation Workshop

11AM-Noon

A 1006 - LAC

Plan Your Success! Create a plan of action, learn steps to cope with urges to smoke, guidance for nicotine replacement

March 20th

Kick Butts Pledge & Resources

9:30AM-11:30AM

E Quad – LAC

EE Quad – PCC

HV Self Esteem Workshop

10:30AM-11:30AM

AA 101 D – PCC

Learn skills and tools to improve your emotional wellbeing and create balance in your life

Smoking Cessation

11AM-Noon

EE 102G – PCC

Plan Your Success! Create a plan of action, learn steps to cope with urges to smoke, guidance for nicotine replacement

Walk Wednesday

Noon

E Quad – LAC

Benefits of walking: Reduction in smoking cravings, increased brainpower, Diabetes prevention

