let's clear the air

GREAT AMERICAN SMOKEOUT

JOIN US ON NOV. 17, 2016!

Every year, on the third Thursday of November, the American Cancer Society encourages smokers across the nation to take part in the Great American Smokeout. This event challenges people to stop using tobacco and informs them about the many tools they can use to help quit.

With Kent State University becoming a smoke-free, tobacco-free campus on July 1, 2017, we invite you to join us on Nov. 17 to learn more about the programs and resources available to help you quit. All faculty, staff and students are invited.

EMPLOYEE LUNCH & LEARN, 12 - 1 P.M., KENT STUDENT CENTER, ROOM 313

This session is designed for faculty and staff to learn more about the Freedom from Smoking cessation program, as well as several other cessation support options for them or a family member. Presenters will be Michael Schechter, M.D., from Be Well Solutions, and Lisa Kirby, MFT, PC-CR, from Impact Solutions. Employees must register at http://TINYURL.COM/KSUSMOKEOUT1117.

STUDENT BREAKOUT SESSION AND OVERVIEW OF FREEDOM FROM SMOKING PROGRAM, 5 - 6 P.M., KENT STUDENT CENTER, ROOM 315

Are you contemplating quitting smoking? Do you want additional resources to help you move toward behavior change? If so, this session will be very informative and provide encouragement toward making a change in your life. The presenter will be Health Educator Sierra Baker, M.Ed., from the Office of Health Promotion at University Health Services.

OUTREACH RESOURCE TABLES

Educational materials on tobacco cessation & Kent State's upcoming smoke-free, tobacco-free policy.

Refreshments, drawings, giveaways!

11 a.m. – 2 p.m., Kent Student Center, second floor Mezzanine

YOGA SESSION

Led by an instructor from the Isha Institute of Inner Sciences-Cleveland Center. You don't have to be a transitioning smoker to enjoy this open session! BYOM (Bring your own mat)

7 p.m. – 8 p.m., MACC Annex, Room 155

Event sponsored by:
Division of Human Resources
Division of Student Affairs
University Health Services
Public Health Student Alliance

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