

QUIT FOR A DAY- OR FOR GOOD!

Quit the Nic!

Tuesday, November 12th, 2019

A day to explore the possibility of quitting nicotine products and....



- Get a Quit Kit!
- Find out about cessation resources!
- Conquer cravings with aromatherapy, dogs, tea, and more!
- Learn more about the campus smoke and tobacco-free policy!



Locations and Times:

Beckman, East Atrium: 11am to 2 pm

Union, South Entrance: 11am to 3pm

Arc, Winter Garden: 3pm to 6pm

For more information, visit: www.tobaccofree.illinois.edu