



Quit Tobacco Tuesdays



***Facilitated by the Department of
Respiratory Therapy & Faculty and
Staff Assistance***

Freshstart is a no-cost, four-phase program designed by the American Cancer Society to help participants stop smoking by providing essential information and strategies to direct efforts to quit tobacco for good!

Oct 25, Nov 1,
Nov 8, Nov 15

OR

Nov 22, Nov 29,
Dec 6, Dec 13

Tuesdays: Noon – 1:00 P.M.
One Park Place Building
Basement Level Training Room

*If you smoke a
pack a day and
quit - in one year
you could save
\$1595!!*

Email edws@gsu.edu or call 404-413-3342 to RSVP or for more information!
This is free and open to all of our Georgia State University Community!