

**NO  
BUTTS!**  
Smoking Cessation  
Workshop



**THURSDAY  
NOVEMBER 12TH  
@ 12- 1PM  
MARK 107**

**Wanna QUIT?**  
Join SHCS counselor  
Michelle Maciel as she  
discusses the steps on  
how to effectively kick  
the habit of smoking.  
**Get tips and stop  
smoking today!**

Quit Cold Turkey for the **Great American Smokeout!**

**Thursday, November 19th**

**11:30 am—1 pm @ Library Plaza**

**Win prizes and pick up quit kits for yourself or a friend!**



Individuals with disabilities, who would like to attend this event, please contact Cathy [enguyen@csusm.edu](mailto:enguyen@csusm.edu) regarding any special accommodation needs. It is requested that individuals requiring auxiliary aids such as sign language interpreters and alternative format materials notify the event sponsor at least seven working days in advance. Every reasonable effort will be made to provide reasonable accommodations in an effective and timely manner.