



The Great American Smokeout

By Quitting **One day**
even for just **YOU**
will be taking
an **IMPORTANT** step
toward a healthier **Life**
one that can lead
to **REDUCING** your risk
of cancer.

Get a free
QUIT KIT and **CARBON MONOXIDE**
screening from **Student Health & Wellness**



Student
Health & Wellness
OFFICE

IT'S A RACE FOR YOUR HEALTH AND IT STARTS TODAY. Today is the day quitters win.
This event is sponsored by Student Senate and the Health and Wellness Office.

NOV. 16 | 10AM-2PM | QUAD

TURN IN YOUR CIGARETTES FOR FREE LUNCH & GOODIES!



Shasta College, in collaboration with the American Cancer Society, is supporting the efforts of our students who would like to discontinue the use of tobacco products.
www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout

The event will move to the Student Center Stage if raining.

Cessation counseling is available all year round at the Student Health and Wellness Office.



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Student Senate

(530) 242-7743