



**Give yourself a chance to love your lungs all day long.**

Kent State is a smoke-free, tobacco-free university. So be a wingman to someone who wants to quit, fight your own cravings or go all the way – quit tobacco for good.

March 8, 2018

### **Resource Tables on Tobacco**

Refreshments & Yoga Mat Drawing  
Kent Student Center, 2nd floor  
11 a.m. - 1 p.m.

### **Overview of Freedom from Smoking Program & SFTF Policy**

DeWeese Health Center (Conf. Room A)  
4:30 -5:30 p.m.

#### **Student support provided by:**

Public Health Student Alliance  
Kent State of Wellness Ambassador

### **FREE Yoga Session in support of 1Day Stand**

Student Recreation & Wellness Center,  
Studio A   
7 - 8 p.m. 

For additional tobacco resources, visit  
**[www.kent.edu/smoke-free](http://www.kent.edu/smoke-free)**

#### **Sponsored by: UHS – Office of Health Promotion**

Additional funding provided by  
the Campaign for Tobacco-Free Kids



**University  
Health Services**