

LUNCH -N- LEARN

HELPING OTHERS QUIT TOBACCO

THURSDAY, NOVEMBER 16

FROM 12:10 PM - 12:50 PM

with Patty Quinlan, Trained Tobacco Cessation Facilitator
in the Malott Room of the Kansas Union

KU BECOMES TOBACCO FREE EFFECTIVE JULY 1, 2018



Someone who feels supported is *more likely to quit smoking for good.* Friends, family members and significant others play a big part in helping a person become smoke free. Learn Dos and Donts and helpful tips to **Support Your Quitter!**

Admission is free.

Membership is not required.

Employees can earn one HealthQuest point.

