

Be a QUITTER!!!

It's not too late to start off the New Year tobacco free!

Come to the Tobacco Cessation Information Session at the HAWC to get started.

Tobacco Cessation Information Session: If you'd like to quit using tobacco, please come to this session first! You will have an opportunity to sign up for classes, or an online course and even learn about quit-line counselors and coaches available to you here at Offutt. You will also be able to decide what type of pharmaceutical help will work for you. If you can't attend one of the sessions please call CJ Olson at 402-232-4315 to set up time that works for you!

NO NEED TO SIGN UP, NO REFERRAL NEEDED, JUST SHOW UP!

WHEN: Every Thursday at 0800, except for the third Thursday of the month will be at 1500

WHERE: The HAWC (East side of the Field House)