

Student Health Services challenges you to **quit tobacco products!** **See us for Quit Kits!**

How is tobacco use affecting your wallet and health?

Take our anonymous survey:

[Nicotine eCHECKUP TO GO \(sdsu.edu\)](https://sdsu.edu)

If you want to quit, or support someone who is thinking of quitting, join us at the Great American Smokeout.

Featuring the Compadres Program, the Friday Night Live Program, and the Prevention Education Program.
**11/17/22 in the Falcon Square
11 a.m. to 1 p.m.**



These celebrities quit, and so can you!

- Barack Obama quit smoking with the help of Nicotine gum to be a better role model for his daughters.
- Jennifer Aniston quit smoking by focusing on yoga and exercise.



Student Health
Services