



Breathe Easy

Commit to Be Tobacco-Free



Ready to Quit Smoking?

Freedom from Smoking Class

8 sessions in 7 weeks

Based on the American Lung Association's
Freedom from Smoking Tobacco Cessation Program

October 4 - November 15, 2017

1:00 p.m - 3:00 p.m.

Lone Star Conference Room (AD 3.104)

Register for this **free** class at
utdallas.qualtrics.com/jfe/form/SV_6QzV0JpXKDIljW5
or by calling **972.883.2213**.



The University of Texas at Dallas