



Using the Mind-Body Connection to Help You Quit Smoking

Saying goodbye to a faithful friend?

Congratulations, you've decided to quit smoking! This could be one of the most important decisions of your life. Although every person is different, many who smoke say that they do it to combat stress at work or home, or that it helps them to relax.



Join FSAP Wellness Counselor, Sue Johnston, to learn some techniques to help you prepare to quit and to relax without reaching for a cigarette.

Thursday, December 4,
Leavey Center Program Room
12-1:00 p.m. (feel free to bring your lunch)
Register at wellness.georgetown.edu

What would it be like to breath free?



To taste familiar foods like it was the first time?

