November Notices and Events:

November 4th
-Think...Tobacco (Zoom)

November 11th
-Veteran’s Day | No School

November 16th - December 4th
-Virtual Well-Being Bingo (@NDSUHealthyHerd | @NDSUHealthPromotion)

November 18th
-Think...How to Talk with Your Opinionated Relatives (Zoom)

November 25th - 27th
-Thanksgiving | No School

+ The Great American Smokeout is a national event centered around quitting smoking.
+ Nurses in Student Health Service are trained in cessation counseling and are resources to those on campus who are ready to quit.

WHY QUIT?
- Smoking is the most preventable cause of death. In fact, 1 in 5 deaths are a result of smoking.
- Quitting smoking immediately improves your health.
- Switching to vaping or e-cigarettes is not quitting smoking.

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https://www.lung.org/quit-smoking

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November 2020

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