Is it time to quit nicotine?

Did you know?

CRAVINGS DECREASE AFTER JUST 3-5 MINUTES

Ways to bust cravings:
- Go outside
- Exercise
- Take a walk
- Chew gum
- Visit with family
- Call a friend

Where to get help:
STUDENT HEALTH SERVICE-TOBACCO TREATMENT SPECIALIST
MAKE AN APPOINTMENT ON THE SHS STUDENT HEALTH PORTAL
STUDENT HEALTH SERVICE: 701-231-7331