



Interested in Quitting?

NSU is ready to help!

Free “Quit Smoking Now” Programs

It’s never too late to quit. Within 20 minutes of the last cigarette, the body goes through a series of positive changes to improve health that will continue for years to come.

The NSU Area Health Education Centers (AHEC) Program and the Healthy Lifestyles Guided Self-Change Program offer group and individual programs designed to motivate and help smokers prepare to quit, select a quit date, and learn strategies and skills to quit and stay tobacco-free.

The Quit Smoking Now program is **FREE** for NSU employees, students, and immediate family members. Participants will also receive a **FREE** 6-week supply of non-prescription Nicotine Replacement Therapy (patches) while supplies last.

A new Quit Smoking Now group will begin Thursday, March 24. The group meets for 90 minutes weekly from 6:00 – 7:30 p.m. for 6 weeks. (Group meeting dates: March 24, 31, April 7, 14, 21, 28)

For more information or to schedule an appointment please call 954-262-5860 or email quitsmokingnow@nova.edu. All information is confidential.