

# SMOKE



**#GASO**

## EVENTS

### Stress Busting Tips & Tricks

Nov. 14, 3-4 p.m.

DeWeese Health Center, Conf. Room A

*Feeling the pressures of the semester? Come relax with us in support of the GASO! Practice various stress management techniques! Enter a free drawing for 1 of 3 yoga mats! Refreshments will be provided!*

### Stop Smoking, Start Repairing

Nov. 15, 5-6 p.m.

DeWeese Health Center, Conf. Room A

*Are you contemplating quitting smoking? If so, this presentation will provide encouragement toward making a change in your life and will review the free smoking cessation program that is offered to students through the Office of Health Promotion. Refreshments will be served to those in attendance.*

### Zumba

Nov. 14, 6-7 p.m.

SRWC, Multipurpose Gym

*Come enjoy a FREE Zumba class in support of the GASO!*



## RESOURCE TABLES

Nov. 14 & 15 11 a.m. - 2 p.m.

KSC, 2nd Floor

*Enter a free drawing for 1 of 5 yoga mats! Visit the resource tables to take part in activities, giveaways, and light refreshments.*