



Breathe Easy

Prepare to Be Tobacco-Free



The Office of Administration and the Employee Wellness Committee cordially invite you to

Prepare to Be Tobacco-Free

March 29, 2017
11:00 a.m. - 1:00 p.m.
Galaxy Rooms A & B (SU 2.602)

Get resources and support for tobacco cessation from —

The Office of Administration • SPN Wellness Center
Human Resources Benefits • Employee Assistance Program
Student Wellness Center

— including information on the free upcoming **Freedom from Smoking** pilot class.

American Lung Association Lunch & Learn

March 29, 2017
11:30 a.m. - 12:30 p.m.
Galaxy Rooms A & B (SU 2.602)

Holly Torres, Executive Director of the North Texas American Lung Association, will offer advice on how to successfully stop using tobacco.

RSVP to taylor.tran@utdallas.edu by **March 22** to reserve your lunch.