



be a quitter. it's never too late

THURSDAY, NOVEMBER 21ST

11:00 AM - 2:00 PM

At Canisius College
Science Hall Commons

Sponsored by:

Canisius College HR, the USA Public Health Committee &



Erie-Niagara
Tobacco-Free
Coalition



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ROSWELL
PARK
CANCER INSTITUTE

Start your journey toward a smoke-free life!

This event is being hosted across the country by the American Cancer Society to serve as a resource to those who either struggle with smoking or who have friends or family members that need help taking the next step to quit.

Learn about the resources and support available for quitting smoking, and discover all of the ways in which quitting smoking can improve your overall health.

Quitting does not just happen in one day. It takes time. Now is your chance to set your plan towards better health with the accountability you need.