

Celebrate!

World No Tobacco Day



Thousands of people will quit tobacco on **World No Tobacco Day!** Learn more about the **Peer Health Education Program** and understand the impact of tobacco use to local and global communities by visiting the Health Resource Center (across from the Fir Room).

Giveaways and prizes will be awarded to all attendees!

When: Wednesday, May 18, noon–2pm
Where: Health Resource Center, EMU
Who: The University Health Center and the Peer Health Education Program

If you would like help quitting tobacco:

- Visit the University Health Center or the Health Resource Room
- Nicotine patches and gum available at the Health Resource Room and the Center's Pharmacy for a reduced cost.



UNIVERSITY OF OREGON
Health Center

<http://healthcenter.uoregon.edu>
346-2770

I include 700 chemical additives, including pesticides, insecticides, and 13 additives that are inedible.

I cause more deaths worldwide than AIDS, drugs, homicides, fires, and auto accidents combined. Do you still think I'm harmless?

Of the people who just use me socially, 50% develop a long-term addiction to me. Maybe that's because I reach the brain 6 seconds after being inhaled.

Although you think I reduce your stress, I actually cause your heart to beat 36,000 additional times per day.

I am a cigarette.

brought to you by:



UNIVERSITY OF OREGON
Health Center

<http://healthcenter.uoregon.edu>
346-2770