



TOBACCO-FREE CLASSES

In collaboration with the MU Wellness Resource Center

**10-WEEK GROUP PROGRAM
OFFERED FREE OF CHARGE
JANUARY 10 - MARCH 7**

Free nicotine replacement therapy, access to counselors and other resources, assistance in developing a personalized quit plan and peer support will be available.

Face-to-face meetings will take place in the 2nd floor conference room at Ellis Fischel Cancer Center every other Thursday at 5:30 p.m.

 **Ellis Fischel
Cancer Center**
University of Missouri Health Care



To register, please contact Shelley Perrigo at perrigos@health.missouri.edu or **(573) 882-5755**.