



2016 Cooper-Clayton Smoking Cessation Classes

No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. One year after quitting, the excess risk of coronary heart disease is half that of a smoker's.

Belknap Campus

Date/Time:

- January 11th — April 4th
- Mondays, 6:30 p.m.— 7 p.m.

Location: Get Healthy Now Wellness Center

(601 Presidents Blvd.)

Register online at <http://louisville.edu/gethealthynow/wellness-resources>

* Open to UofL employees, retirees, and their spouse/qualifying adult

Health Sciences Campus

Date/Time:

- January 8th—March 31st
- Fridays, 12pm—1pm

Location: James Graham Brown Resource Center,
529 S. Jackson St., 1st Floor

Register in advance by calling #852-5223



Questions?

Contact Get Healthy Now

Email: ghn@louisville.edu

Call: 852-7755

Web: louisville.edu/gethealthynow

Smoke-Free



Thank you for respecting our
Smoke-Free environment.