



U Can Quit Support Group

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This facilitated group will provide resources and support to individuals with a desire to quit smoking and live life free of nicotine. Participants must be eligible for Health4U Programs.

The Health4U Program

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For more information
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exciting new programs, visit
<http://health4u.msu.edu>
or contact us via email at
health4u@msu.edu
or phone (517)353-2596.

Semester	Day/Dates	Location and Time
Fall 2009	Wednesdays on: September 9, 23 October 14, 28 November 11, 25 December 9	Olin Health Center, Room 248 12:10-12:50 p.m.
Spring 2010	Wednesdays on: January 13, 27 February 10, 24 March 10, 24 April 14, 28	
Summer 2010	Wednesdays on: May 12, 26 June 9, 23 July 14, 28 August 11, 25	

There's Never Been a Better Time to Quit!



Redefining the way *yoU* think about health.

Health4U classes, coaching services, online programs, special projects and group opportunities are open to MSU faculty, staff, graduate student employees, retirees, and the spouses/partners of members of these groups.