

# MSU BREATHE EASY

## Tobacco & Nicotine Cessation Program

The MSU Breathe Easy Program is a **free** tobacco and nicotine cessation program featuring behavioral support and medical evaluation. You will be offered a choice of medications to support you with your quit process. You may also choose to quit without using medication. MSU faculty, staff, graduate student employees, retirees, and their adult benefits-eligible family members are eligible to participate in this program.

The Spring Breathe Easy Programs begins on **Wednesday, February 20<sup>th</sup>, 2019** from 1:30-3:30pm, in room 113, Linton Hall; additional dates can be found below. You may register in person at 110 Linton Hall, by phone at **517-353-2596** or by email at **health4u@msu.edu**.

*Sponsored by the Office of the University Physician - Health4U Program and Human Resources.*

### Spring 2019 – Fall 2019, Breathe Easy Program Dates:

	Spring 2019	Fall 2019
First Behavioral Support Session	February 20	October 23
<i>Initial Medical Appointment</i>	<i>Feb 21 – Mar 6</i>	<i>Oct 24 – Nov 5</i>
Second Behavioral Support Session	February 27	October 30
Third Behavioral Support Session	March 13	November 13
<i>One Month Medical Appointment</i>	<i>March 21 – April 5</i>	<i>Nov 25 – Dec 6</i>
Fourth Behavioral Support Session	March 27	November 27
Fifth Behavioral Support Session	April 17	December 18
Final Behavioral Support Session	May 8	January 8, 2020
<i>Three Month Medical Appointment</i>	<i>May 21 – June 5</i>	<i>Jan 27 – Feb 7</i>

Support sessions are held between 1:30-3:30pm, in room 113, Linton Hall.

Medical evaluation appointments are arranged individually.



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