

The Great American Smokeout November 19

Clear the Air

Promoting understanding of policies, opinions, and resources

The Great American Smokeout

The Great American Smokeout was inaugurated in 1976 to inspire and encourage smokers to quit for one day. It remains a great opportunity to encourage people to commit to making a long-term plan to quit for good.

This year, the Great American Smokeout is on November 19th and the theme is Clear the Air: Promoting understanding of policies, opinions, and resources.

“Quit Kits” will be available through November for any interested employee!

Employee Wellness Quit Kits Include:

- A drawing entry for a \$50 Gift Certificate to the MU Spirit Shop and a one month supply of Nicotine Gum.
- A coupon for a free “cold turkey” sandwich
- A stainless steel water bottle
- carrot sticks, lollipops, and sugar-free gum
- Quit Tips including information on Quitlines, Classes/Support Groups, and Medications

Contact Mandi Weis, Employee Wellness Coordinator, at mandi.weis@mu.edu or 288-4581 for more information.

Policies

The current Marquette University policy on smoking is in the process of being reviewed, with the goal of updating and incorporating the required legislative provisions as outlined in [Wisconsin Act 12](#), and of providing consistency in the prohibition of smoking within 25 feet of building entrances for all campus buildings.

Opinions

Marquette students and employees, tobacco users and non-users, are invited to share their opinions and participate in the [Marquette University Tobacco Coalition](#).

Resources

For Self-Help Materials, Quitlines, Classes/Support Groups, Medications, and Success stories from MU Employees, check out the [Employee Wellness Smoking Cessation Guide](#) available at www.marquette.edu/wellness.