

Tomorrow: Great American Smoke Out Comes to Cal State's Palm Desert Campus

Quitting for 24 hours saves lives!

PALM DESERT, Calif. (November 19, 2008) Looking to quit smoking? Then come to the **Great American Smoke Out** event taking place tomorrow, November 20, from 5:00 p.m. to 7:00 p.m., in the Rogers Gateway Building at the Palm Desert Campus of Cal State San Bernardino.

The campus is located at 37-500 Cook Street in Palm Desert, between Gerald Ford and Frank Sinatra Drives.

Attendees will learn:

- Why smokers should think about quitting
- About nicotine replacement therapy
- Some tips for smokers who decide to quit
- Ways to help a smoker quit

This event is sponsored by the Student Health & Psychological Counseling Center at CSUSB.

For further information, contact Leigh Connell at (760) 341-2883, ext. 78120.