

NOVEMBER

is

Lung Cancer Awareness Month

Effects of quitting smoking over time:

20

12

hours

2-12 weeks

1-9 months 1

minutes

year

Circulation Carbon

Event

Coughing

Risk of

Heart rate and blood drop

monoxide level pressure normalizes

and lung function improve

and shortness of breath decreases

NOV

Fall Stresstival

Prince Lawn

10 a.m. to 2 p.m. Co-sponsored by Counseling Services

heart disease is about half that of a smoker's

What about e-cigarettes???

Although less harmful than regular cigarettes, e-cigarettes still contain harmful AND potentially harmful substances!

Contact us!

LiveWell Office—LJSU B202 livewell@coastaledu 843-349-4031

Check out our new website!

YouLiveWell.coastal.edu

Follow us on social media!









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