NOVEMBER is Lung Cancer Awareness Month

Effects of quitting smoking over time:

- **20 minutes**: Heart rate and blood pressure drop
- **12 hours**: Carbon monoxide level normalizes
- **2-12 weeks**: Circulation and lung function improve
- **1-9 months**: Coughing and shortness of breath decreases
- **1 year**: Risk of 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@coastal.edu
843-349-4031

Follow us on social media!
@livewellccu @wallypondccu
@ccushore @ccufoodcrew

LiveWell Newsletter

NOV
Event alert! Free prizes!
Fall Stresstival
Prince Lawn
10 a.m. to 2 p.m.
Co-sponsored by Counseling Services

Check out our new website!
YouLiveWell.coastal.edu