Is there a habit you would like to break?

Join us for

**Changing Habits, Changing Lives**

Whether you want to quit smoking, lose weight, or change another unhealthy habit, you probably know that achieving lasting change isn’t easy. But by understanding the process of change and learning tips for making and sustaining changes you may find it much easier to reach your personal goals. Participants will learn to:

- Identify a behavior they would like to change.
- Clarify the reasons why it’s challenging to change behavior.
- Use a tool to identify benefits/costs of adapting a positive habit vs. sustaining a negative one.
- Generate strategies for ridding themselves of the unwanted habit.
- Design an action plan for embracing the change.

**Main Campus**
Monday, March 14th
12:00 noon to 1:00 pm
Howard Gittis Student Center
Room 217A

**Health Science Center Campus**
Friday, March 18th
12:00 noon to 1:00 pm
Student Faculty Center
4th Floor, Room C