

By Katie Butler

Free Tobacco Quit Kits are available for OSU faculty, staff and students who are ready to kick the habit.

The Tobacco Quit Kits are designed to assist with tobacco cessation and contain a variety of helpful information and tools including gum, cinnamon Hotlix Toothpix™ and cigarette wrap packs.

Robin Purdie, director of the Seretean Wellness Center, helps faculty, staff and students kick the tobacco habit. She said quitting is hard and sometimes it can take as many as seven tries to finally succeed, but it can be done with help.

“Often times the first step to quitting is knowing what resources are available for help,” Purdie said. “The Quit Kits are designed to help people know what the next step is to becoming tobacco free.”

Yvon Fils-Aimé, Tobacco Health Educator at University Health Services, said the kits have already helped some students. Twenty student kits and 10-15 employee kits have been distributed since last November.

The faculty and staff Quit Kits are available at the Seretean Wellness Center, Student Union and Physical Plant. The student Quit Kits are available at University Health Services.

For information about the Quit Kits, faculty and staff should contact the Employee Health Clinic at the Seretean Wellness Center, (405) 744-7556, and students should contact Yvon Fils-Aimé, (405) 744-2745, or email quitkit@okstate.edu

The Tobacco Quit Kits is just another way OSU is striving to be America’s Healthiest Campus.