
Don't wait for New Years.



Quit & Stay Quit Monday, the January of the week.

Sign up for tips at:
healthymonday.syr.edu



Quit and Stay Quit Monday



@QuitMonday

Healthy
Monday  **Syracuse**

Quit & Stay Quit
Monday
Recommit to quit.



**If at first you don't
succeed,
quit, quit again.**

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Quit and Stay Quit Monday



@QuitMonday

**Healthy
Monday**  **Syracuse**

**Quit & Stay Quit
Monday**
Recommit to quit.



Monday is quitting time.

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Quit and Stay Quit Monday



@QuitMonday

**Healthy
Monday**  **Syracuse**

**Quit & Stay Quit
Monday**
Recommit to quit.