

# Well Devils Update

January 20, 2015

Sun Devils are Well Devils



## Well Devils – Live and Breathe Tobacco-free

On Aug. 1, 2013, ASU joined 800 colleges and universities in protecting its students, faculty, staff and visitors from the health hazards of secondhand smoke. Learn more about [ASU Tobacco-free](#) and review [student quitting resources](#).



## Prepare to be Tobacco-free

Make the decision to quit and stick to it. Set a quit date and make a plan. Select resources and choose quit aids. Plan how you will deal with withdrawal and relapse. Maintain and enjoy a tobacco-free lifestyle. Learn more at [ASU Tobacco-free](#).



## Wellness Activities & Events

[1/12 – 3/18 Fork the Smoke! Tobacco-free Challenge](#)  
[1/20 – 1/24 Register for Jan.30, Traffic Skills 101: Part 1 – Bicycle Basics, Polytechnic](#)  
[1/21 Annual "I Have a Dream" Re-enactment and March on West](#)  
[1/22 MLK Rally & Student Organization Fair, Tempe](#)  
[1/23 ASU Women's Basketball vs. Oregon, Tempe](#)  
[1/25 ASU Women's Basketball vs. Oregon State, Tempe](#)



## Well Devils Resources

[ASU Counseling Services](#)  
[ASU Health Services](#)  
[ASU Tobacco-free](#)  
[ASU Wellness](#)  
[Dr. Martin Luther King, Jr. Celebration 2015](#)  
[Sun Devil Fitness](#)

\*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email [wellness@asu.edu](mailto:wellness@asu.edu)

\*\*To unsubscribe to the Well Devils Update, please send an email request to [wellness@asu.edu](mailto:wellness@asu.edu).

