

# Welcome to our Smoke-Free Campus

Thank you for not  
smoking or vaping on  
University property.



## Why Smoke-Free Grounds?

**There is no safe level of exposure to secondhand smoke.**

Smoke-free university properties reduce harm, promote healthy choices, and support a safe and healthy environment for everyone, including students, staff, and visitors. Washington Adventist University is committed to promoting a healthy learning environment.

Our property boundaries are defined by the red line.

If you choose to smoke, you must leave the university grounds. We also ask you to please respect our neighboring properties.



## What supports on campus are available to me?

We understand that smoking is an addiction to nicotine and we want to support people who will not be able to smoke while on university property.

### Counseling Center

The Counseling Center is located on the 4th Floor of Wilkinson Hall (Building #1), Room 426. You can call or e-mail to make an appointment.

E-mail: [waucc2015@yahoo.com](mailto:waucc2015@yahoo.com)

Telephone: 301-891-4089

## Other supports to help you quit smoking:

### Maryland Smoking Hotline

Free and confidential services, and you can work with a Quit Coach to design a quit plan that suits you. Telephone and online options available.

1-800-QUIT-NOW (1-800-784-8669)

[www.smokingstopshere.com](http://www.smokingstopshere.com)

