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LOCAL COLLEGE ENCOURAGES STUDENTS TO “TAKE THE FIRST STEP”

Wednesday 11th March 2009

Cambridge Regional College has held a series of informative and interactive activities to try and encourage students to “Take the First Step” in quitting smoking in association with National Stop Smoking Day.



Information, advice and guidance on quitting was available in the mall for all staff and students. There were lots of activities for students to try, such as pulse recovery, peak flow and carbon monoxide measurement (to measure lung capacity), “Guess the amount of money smoked in a jar” competition, quizzes and pedometer give-aways!

Students will be invited to wear yellow and blue clothing on the day to show their commitment to stop smoking day.

Sue Smith, Health and Welfare Manager at CRC said, “The College Student Services subscribes to the view that a healthy body equals a healthy mind. Hence we are committed to promoting good health and welfare for our students, through interactive and youth-centered awareness campaigns. Rather than using scare tactics we provide factual information and get students to take the initiative towards better health”.

The College’s Health & Welfare Department have currently booked into smoking Cessation training which will give advice for students and staff that have either contemplated breaking free, are ready to quit and want to take action or for those who have relapsed and want to break free once more.

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MEDIA ENQUIRIES:

For more information, please contact Lesley Devaney, PR & Events Co-ordinator, on 01223 418773 or email ldevaney@camre.ac.uk