

DO YOU WANT TO QUIT SMOKING CIGARETTES?

The **STOP program** delivers research-based, cost-free smoking cessation workshops in local communities.

Eligible participants will:

- ☑ Attend an **educational session**
- ☑ Receive a five-week course of **nicotine patches**

Choose the workshop that suits you:

DATE	LOCATION	TIME
Friday, February 9 th , 2018	Gravenhurst	9:00 a.m. – 12:00 p.m.
Wednesday, February 21 st , 2018	Huntsville	9:00 a.m. – 12:00 p.m.
Thursday, March 1 st , 2018	Bracebridge	9:30 a.m. – 12:30 p.m.
Thursday, March 22 nd , 2018	Gravenhurst	12:30 p.m. – 3:30 p.m.
Friday, March 23 rd , 2018	Huntsville	9:00 a.m. – 12:00 p.m.

To learn more, see if you qualify, and to register, contact:

Simcoe Muskoka District Health Unit
Health Connection at
705-721-7520 or 1-877-721-7520

**Confidentiality assured.*



For more detailed information on the STOP program, please call 416-535-8501 x4455 or email stop.study@camh.ca. CAMH is a research and teaching hospital fully affiliated with the University of Toronto and is a Pan American Health Organization/World Health Organization Collaborating Centre. For information on other CAMH treatment programs and services, visit www.camh.ca or call 416-535-8501 (1-800-463-6273).