

# 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**

**Workshop(s) will be held on**  
**Monday, May 6, 2019**  
**5:00-8:00 p.m.**  
**University of Guelph**

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

Wellington-Dufferin-Guelph Public Health  
**1-800-265-7293 ext 4020**

*\*Confidentiality assured.*

