

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
Wednesday, August 21, 2019
4:45-7:00 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.*

