

DO YOU WANT TO QUIT SMOKING CIGARETTES?

**You Can
Quit Smoking**
We can help

**Workshop will be held on
Thursday,
January 24, 2019
1 p.m.
Noëlville**

Eligible participants will receive:

- ✓ Information about quitting smoking
- ✓ A brief one-on-one session with a public health nurse
- ✓ A free five-week kit of nicotine patches

To learn more, to see if you qualify, and to register, contact:
Public Health Sudbury & Districts
Tobacco Information Line
705.522.3433, 1.866.522.3433

**Confidentiality assured.*



**Public Health
Santé publique**
SUDBURY & DISTRICTS

For more detailed information on the STOP program, please call 416.535.8501, ext. 4455 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).