

# 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 will be held on  
Thursday, September 26, 2019 in Ramara  
5:00 p.m. – 8:00 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.*

