

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
Monday, September 30, 2019 in Midland
6:00 p.m. – 9:00 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.*

