

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**

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.*



For more detailed information on the STOP program, please call 416-535-8501 x4455 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).

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