

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

January 20, 2016 in London, ON 9:30am – 12:00pm

January 27, 2016 in London, ON 5:30pm – 8:00pm

To learn more, see if you qualify, and to register, contact:

Middlesex-London Health Unit at
519-663-5317 ext. 4357

**Confidentiality assured.*



For more detailed information on the STOP program, please call 416-535-8501 x34455 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).