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

Oct 15, 2018 in London, ON 1:00 – 3:30pm Oct 15, 2018 in London, ON 3:30 – 6:00pm

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

Middlesex-London Health Unit at 519-663-5317 ext. 4357 Please register for the Western University Workshop

*Confidentiality assured.



For more detailed information on the STOP program, please call 416-535-8501 x34455 or email <u>stop.study@camh.ca</u>. 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 <u>www.camh.ca</u> or call 416-535-8501 (1-800-463-6273).