

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.*

