

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 dates available.

Visit www.stopstudy.ca - **STOP on the Road** - for a list of dates, times and locations.

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

Region of Waterloo Public Health
519-575-4400 (TTY 519-575-4608)



**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).

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