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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