

# 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 will be held on  
Wednesday, August 21, 2019 in Orillia  
4:00 p.m. – 7:00 p.m.**

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

Simcoe Muskoka District Health Unit  
Health Connection at  
705-721-7520 or 1-877-721-7520

*\*Confidentiality assured.*



For more detailed information on the STOP program, please call 416-535-8501 x4455 or email [stop.study@camh.ca](mailto: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](http://www.camh.ca) or call 416-535-8501 (1-800-463-6273).