

STOP SMOKING CESSATION

HEALTH PROMOTION

**ARE YOU THINKING ABOUT
QUITTING SMOKING?**



YOU CAN DO IT!
We Can Help.

DROP-IN GROUP DATES

Every 2nd Wednesday from 6-7 pm, 2 Gould Street, Unit 118, Smiths Falls:

Wednesday February 28 - Kilmarnock Room

Wednesday March 13 - Kilmarnock Room

Wednesday March 27 - Edmonds Room

For more information, contact 613-284-2558 ext. 309