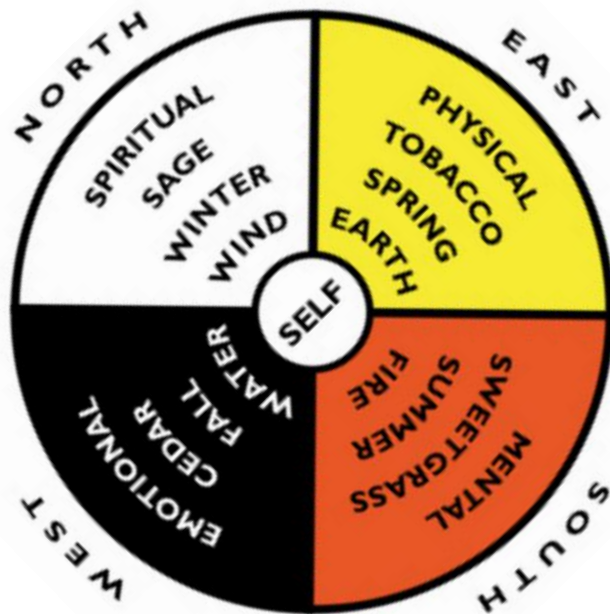


Thinking of Quitting Smoking?



The Indigenous Tobacco Program is hosting:

Commercial Tobacco Cessation Workshops

For more information & Registration – Contact



aboriginal tobacco program
tobaccowise.com

WHEN:

APRIL 12
9:00AM - NOON

WHERE:

CEDAR LODGE
NAPANEE
COMMUNITY
HEALTH CENTRE
26 DUNDAS ST. W

TOPICS COVERED:

- BENEFITS OF QUITTING
- WITHDRAWALS
- COPING MECHANISMS
- METHODS OF QUITTING
- GOAL SETTING
- AND MORE!