

# 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(s) will be held on**

**November 21, 2014 in London, ON**  
**6:00pm – 8:30pm**

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

Middlesex-London Health Unit  
at  
519-663-5317 ext. 4357

*\*Confidentiality assured.*



For more detailed information on the STOP program, please call 416-535-8501 x34455 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).