

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

July 18, 2014 in London, ON 9:30am – 12:00pm

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

Middlesex-London Health Unit
at
519-663-5317 ext. 2675

**Confidentiality assured.*

The logo for the STOP program, featuring the word "stop" in a lowercase, orange, cursive font.The logo for the Middlesex-London Health Unit, featuring the letters "ML" in a large, bold, green font, followed by the text "BUREAU DE SANTÉ DE MIDDLESEX-LONDON HEALTH UNIT" in a smaller, green, sans-serif font.The logo for CAMH, featuring the lowercase letters "camh" in a bold, purple, sans-serif font.

For more detailed information on the STOP program, please call 416-535-8501 x4455 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).