

# DO YOU WANT TO QUIT SMOKING?

You may be eligible to participate in a workshop where information and free nicotine patches are provided to help you with a quit attempt.

## *Eligible participants will:*

- Attend a 2.5-hour group **educational session**
- Receive a 5-week supply of **nicotine patches**

Evening sessions will take place on the following dates and locations:

<b>New Liskeard</b>	<b>July 13 2017</b>	<b>Start time: 6:00pm</b>
<b>Earlton</b> <i>Workshop will be offered in French</i>	<b>July 4 2017</b>	<b>Start time: 6:00pm</b>
<b>Englehart</b>	<b>July 5 2017</b>	<b>Start time: 6:00pm</b>
<b>Kirkland Lake</b>	<b>July 11 2017</b>	<b>Start time: 6:00pm</b>
<b>Elk Lake</b>	<b>July 6 2017</b>	<b>Start time: 6:00pm</b>

To register, contact Alana Padley  
at the Timiskaming Health Unit:  
705-567-9355 or 1-866-967-9355 ext. 3257



Services de santé du  
**TIMISKAMING**  
Health Unit

**camh**  
Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale