



Huron community Family Health Team
Huron East Health Centre
32 B-1 Centennial Drive
Seaforth, Ontario

SPACE IS LIMITED
Please call Gaby at
(519) 600-2273 x257

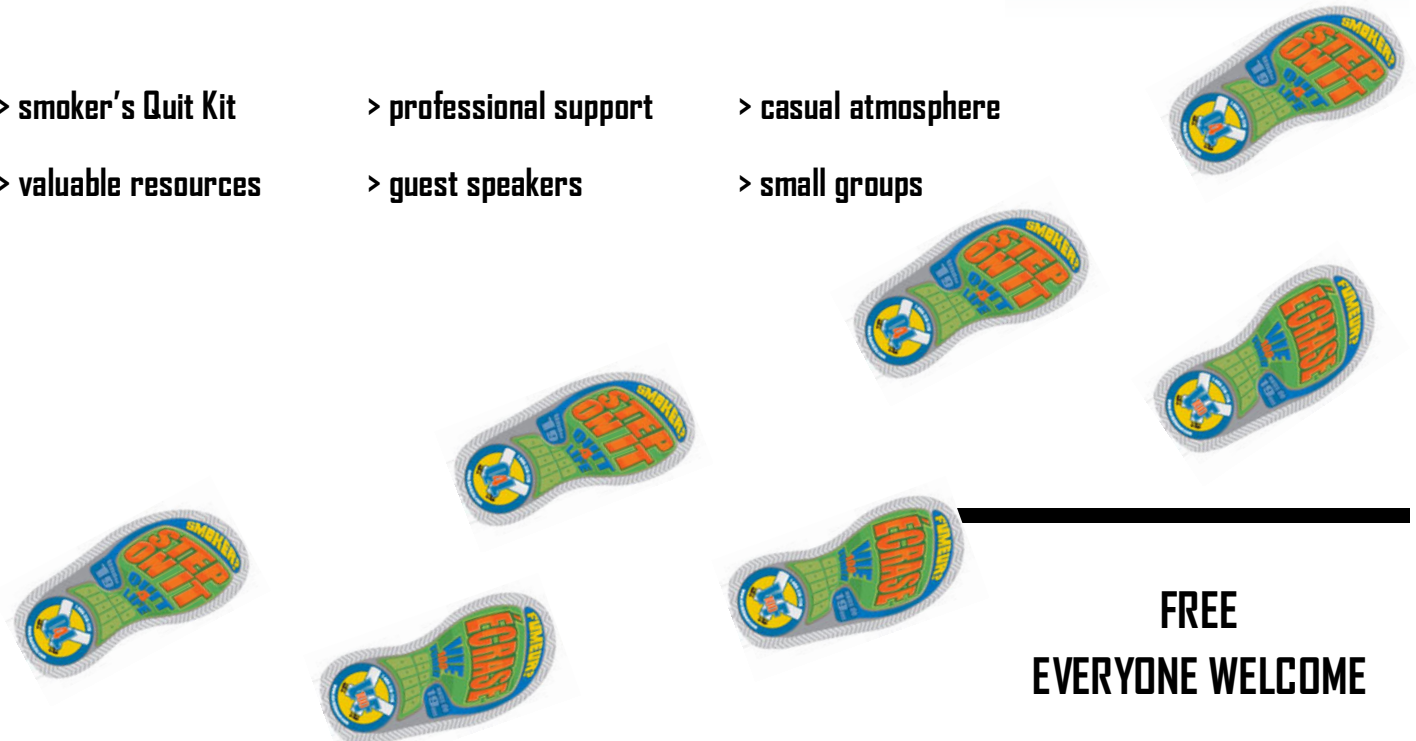
Dates and Time—TBA

COUNTDOWN TO QUIT DAY:

A Program for Smokers Who Want to Quit

A seven week program for smokers who are ready to quit or are thinking about quitting. Delivered weekly by Cate Verberne, Nurse Practitioner and guest speakers. Quitting smoking is hard, but we're here to help. Space is limited so sign-up today and become smoke-free for life!

- > smoker's Quit Kit
- > professional support
- > casual atmosphere
- > valuable resources
- > guest speakers
- > small groups



**FREE
EVERYONE WELCOME**