



## 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 Gabe 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!

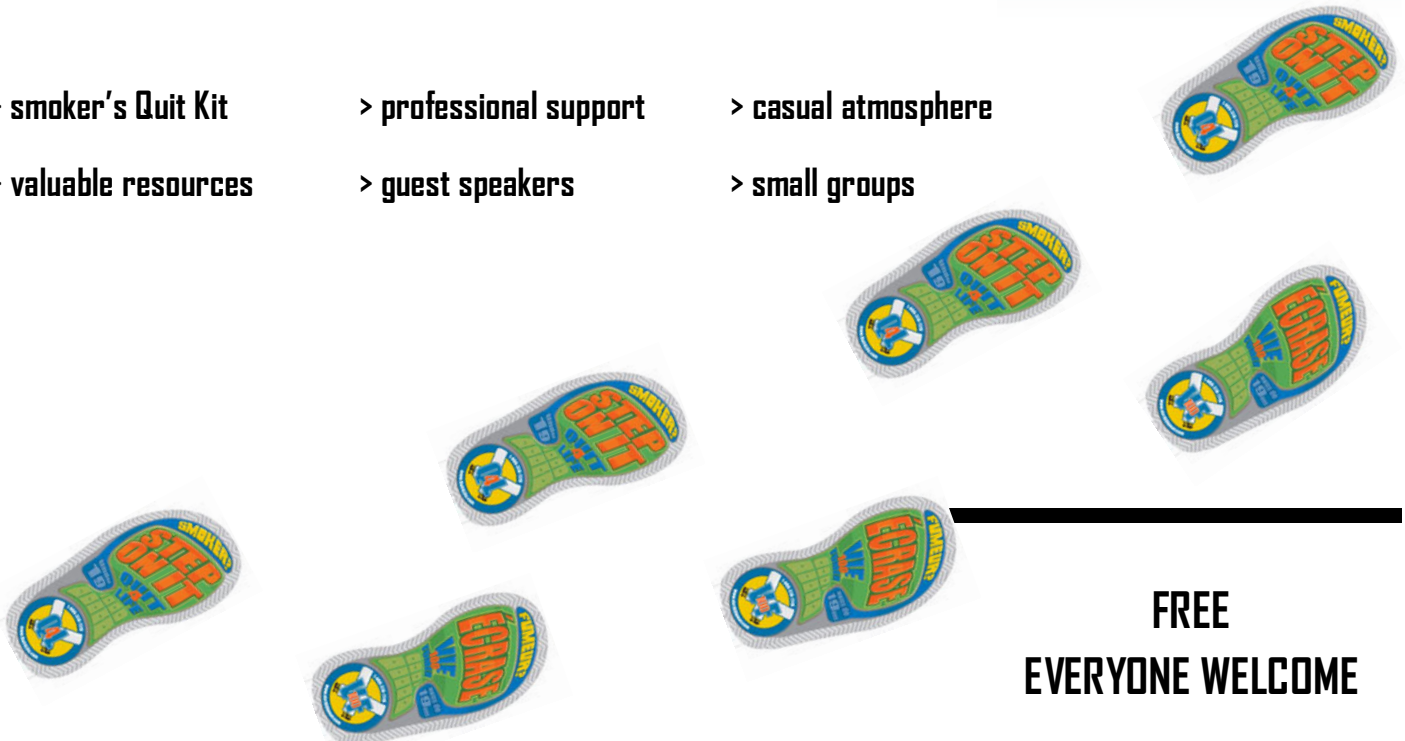
- > smoker's Quit Kit
- > professional support
- > casual atmosphere
- > valuable resources
- > guest speakers
- > small groups

- ▶ TUESDAY EVENINGS
- ▶ 7:00 PM– 8:30 PM
- ▶ START SEPTEMBER 15
- ▶ END OCTOBER 20

Huron East Clinic  
32 B-1 Centennial Drive  
Seaforth, Ontario

#### SPACE IS LIMITED

Please call Gaby at  
(519) 600-2500 x257



**FREE  
EVERYONE WELCOME**