



Do You Want To Quit Smoking Cigarettes?

At this presentation you will learn about:



- The health risks of tobacco use
- The health effects of second and third-hand smoke
- Cessation strategies: how to start a quit attempt
- Nicotine Replacement Therapy: forms and uses
- Resources for quitting*

This is a **free** event, presented by a **Toronto Public Health Nurse**.

*Eligible participants will receive free nicotine patches.

Date: *Wednesday, September 21, 2016*

Time: *12:00 – 3:00 pm*

Place: *Toronto Public Library – Albion Branch, 1515 Albion Road*

For more information and to register, please contact:

Toronto Health Connection at 416-338-7600



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