

# Are YOU ready to quit smoking?



This is a group session that will offer information only on a variety of cessation options available through our Smoking Cessation program. No obligations!  
Ongoing weekly sessions

**Date:** Alternate Wed. and Fri

**Time:** Will vary weekly

**Location:** NFHT office Northumberland Mall

If ready to quit smoking call and book an appointment or talk to your doctor today

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)