

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 bi-weekly sessions

Date: Tuesdays and Wednesdays

Time: Will vary weekly

Location: NFHT office Northumberland Mall

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

Call 289-252-2139

Email info@nfht.ca