

**Co-operative Health Centre
110—8th Street East**

Smoking Cessation Presentation



January 25th

Hjertaas Room (upper level)

10:00 am—11:30 am

Presenter will be Elizabeth Deobald, Mental Health Worker

**For more
information,
please call
Amanda, Health
and Wellness
Coordinator
at 953-6207**

Presentation will focus on:

Why you smoke

Benefits of quitting

Coping with nicotine withdrawal

Tips and resources to help you quit