

# Ready to QUIT

## Smoking Cessation Group

at 7th Street Health Access Centre  
#20 - 7th Street, Brandon

**FREE 3 one-hour classes, held over 6 week period.**

**Class 1 | October 4th | 1:30 pm - 2:30 pm**

Share your reasons for quitting, discuss challenges, triggers, cravings.  
Learn about nicotine replacement therapy and coping skills.

**Class 2 | October 18th | 1:30 pm - 2:30 pm**

Share your progress, discuss challenges, benefits of money saved,  
and how nicotine replacement therapy is working.

**Class 3 | November 15th | 1:30 pm - 2:30 pm**

Discuss successes and challenges. Learn about managing relapse.

**For Information or to Register**

**Call: 204-578-4800**

Located at 7th Street Health Access Centre | #20 - 7th Street, Brandon

