

COMMIT TO QUIT

A FREE 5-SESSION PROGRAM OFFERED LIVE ONLINE

For anyone who would like to reduce or quit their tobacco or nicotine use



CLASSES AVAILABLE

NOTE: ALL CLASSES ARE VIRTUAL VIA MS TEAMS WITH PHONE-IN OPTION

DATE: THURS. FEB 12 – MAR 12, 2026

TIME: 1:30 P.M. – 2:45 P.M.

Join us now!

To register call or email at:

1-877-509-7852

HealthPromotion2@pmh-mb.ca

DATE: TUES. MAR 17 – APR 14, 2026

TIME: 10:00AM – 11:15 AM

DATE: THURS. APR 9 – MAY 7, 2026

TIME: 4:00PM – 5:15PM

"The class gave me a lot of helpful information on why I was smoking, my triggers, and how to control them. Supported me while quitting. I would highly recommend this course for anyone struggling with quitting!"
– Shirley

"Obviously there must have been some info that stuck – because I'm officially 10 days cigarette free! It wasn't easy – but WOW! Worth it! And I know this time I'll never go back." – Commit to Quit participant