COMMIT TO QUIT

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

Join us now!

CLASSES AVAILABLE

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

MON. SEPT 21–OCT 26, 2026
10:00 A.M. – 11:15 A.M.

TUES. OCT 20–NOV 17, 2026
1:30 P.M. – 3:00 P.M.

THURS. NOV 12–DEC 10, 2026
12:00 P.M. – 1:15 P.M.

A FREE 5-SESSION PROGRAM OFFERED LIVE ONLINE

This program is designed to provide the information, skills and support you need to successfully reduce or quit your tobacco or nicotine use.

TO REGISTER, CALL OR EMAIL:

1-877-509-7852

HealthPromotion2@pmh-mb.ca

WHAT PARTICIPANTS ARE SAYING

> Commit to Quit was an excellent program that gave me the encouragement and support I needed to be smoke-free. The weekly meetings helped keep me on track, and I felt understood every step of the way. I highly recommend it!
>
> **— Commit to Quit Participant**

> Commit to Quit gave me the tools and confidence to finally quit smoking for good. The support from the group and the tips I learned made all the difference. I feel healthier and so proud of this achievement!
>
> **— Shirley**

Winnipeg Regional Health Authority | Office régional de la santé de Winnipeg

PRAIRIE MOUNTAIN HEALTH

Interlake-Eastern Regional Health Authority