



ACCESSIBLE CHANCES FOR EVERYONE TO STOP SMOKING (A.C.E.S.S.)

A *FREE* program for anyone who wants to change their smoking behavior.
"Some nicotine replacement therapies may be available at reduced rates."



You will learn:

- Easy ways to relax and handle stress
- Health effects and healing
- How to handle cravings
- How to get support

WHEN: Tuesday evenings 6:30 to 8:00pm for eight (8) sessions
Starting: Tuesday, January 24th
Ending: Tuesday, March 13th, 2011

WHERE: Heron Road Community Centre
1480 Heron Road
Alta Vista Room

CALL: 613-737-7195 ext. 2319 (leave your name and number)
Assistance with bus tickets may be available