



QuitCore

Tobacco Reduction
Program

Join QuitCore

AlbertaQuits group support program

Support when you need it most



QuitCore is a FREE group support program led by a trained counsellor.

Make new friends, share stories and tips, and celebrate milestones together.

Free Nicotine Replacement Therapy (NRT) now available for registered participants!

Start Date: July 24, 2018

** Group runs weekly until August 28**

Time: 5:30 p.m. – 7:00 p.m.

Location:

Servus Credit Union Meeting Room
Lethbridge Public Library (*The Crossings Branch*)
255 Britannia Blvd West. Lethbridge, AB

Call 1-866-710-QUIT (7848) to register!

For more information

AlbertaQuits.ca

Call toll-free

1-866-710-QUIT (7848)

to join the upcoming group in your area.



albertahealthservices.ca