



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.

Start Date: April 30, 2019

Group runs weekly on Tuesdays until June 4

Time: 5:00 p.m. – 6:30 p.m.

Location: Staff Meeting Room
Lethbridge Public Library (Main Branch)
810 5 Avenue South
Lethbridge, Alberta

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

For more information

AlbertaQuits.ca

Call toll-free

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to join the upcoming group in your area.

