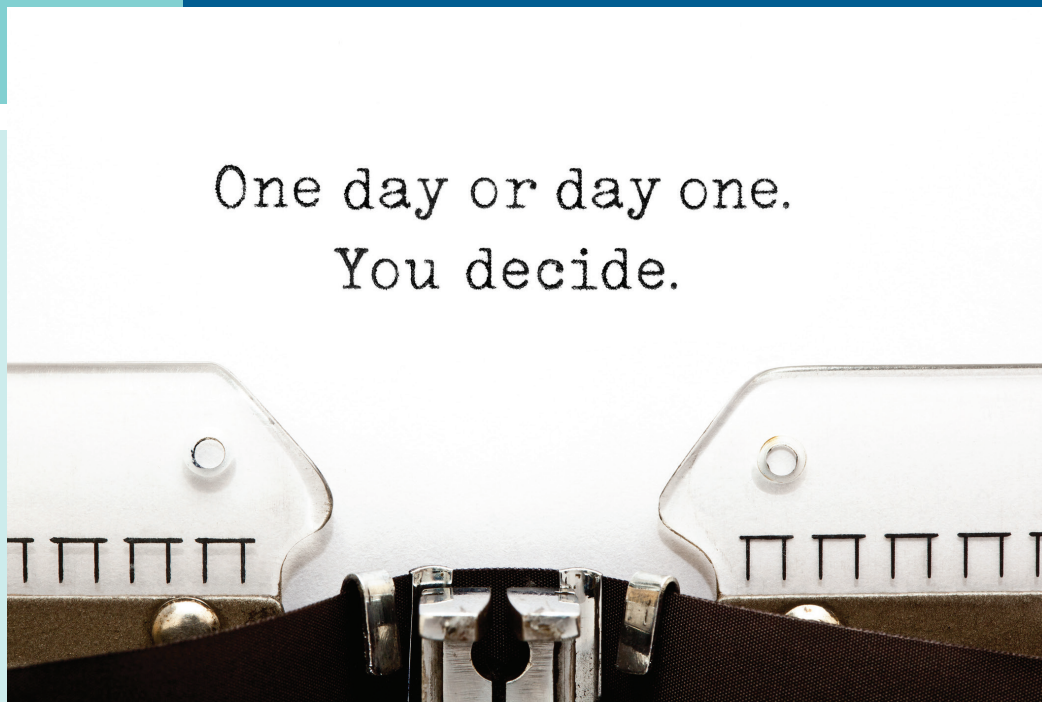


Next Step Nicotine Cessation Meetings

**Thinking about quitting? Ready to quit?
Wanting to reduce or maintain your nicotine free lifestyle?
Get the help you need.**



Monthly support and information

Leeds, Grenville & Lanark District Health Unit

Brockville: 458 Laurier Blvd.

Last Tuesday of the month 6:00pm - 7:00pm

Smiths Falls: 25 Johnston St.

First Wednesday of the month 6:00pm - 7:00pm

To register or for more information
about the Next Step Program
call 1-800-660-5853 ext. 2121
or email quit@healthunit.org

Join our Facebook
Support Group:
Your Quit Journey
– Keep Going



3893 June 2023