

# BREATHE.

You do not have to do this alone.  
We can help you quit.



In partnership with local participating pharmacies



# Get help to quit smoking

Have you been thinking about quitting? Help is available through local participating pharmacies

- Free Nicotine Replacement Therapy (patches, gum, lozenges)
- Counselling

Sign Up Today! **1-800-922-0096 x 0**

**[www.swpublichealth.ca/quitsmoking](http://www.swpublichealth.ca/quitsmoking)**

Eligibility: Adults aged 18 or older enrolled in the Ontario Works and/or the Ontario Disability Support Program

