



# Changing By Choice

An opportunity to get support to quit smoking



**Who:** Anyone who wants to quit smoking

**What:** This six-week group will help you:

- ✚ Gain more confidence in your ability to quit
- ✚ Learn about strategies and tools to help quit
- ✚ Get support through the rough patches
- ✚ Get tips on how to stay smoke free

**Where:** North Lanark Community Health Centre  
207 Robertson Drive, Lanark, ON

**When:** Fall 2011 (Dates To Be Determined)

**Cost:** Assistance with transportation and childcare available



**For more information or to register, please call Martha at 613-259-2182 or 1-866-762-0496**



North Lanark  
Community Health Centre  
A part of Lanark Health and Community Services



Ontario's Community  
Health Centres  
Every One Matters.