

QUIT 4 LIFE

you're only steps away from quitting smoking

Crush your Craving!
Sign up for **Quit4Life**
today in room _____



Take charge
of your life!

It's never too late...
You have options.
We can help.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/tobacco

If you require this information in an accessible format,
contact 1-800-841-2729

