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
905-666-6241 or 1-800-841-2729
durham.ca/tobacco

If you require this information in an accessible format,
contact 905-666-6241 or 1-800-841-2729