



*Thinking of quitting smoking or other tobacco products?**

Saskatoon Health Region Mental Health and Addiction Services offers a free education session to help adults who are considering cutting down or quitting tobacco use.

Session Date: Tuesday January 24, 2017
Tuesday March 14, 2017
Tuesday May 30, 2017
Tuesday November 28, 2017

Time: 5:00 – 6:00 pm

Location: Sturdy Stone Building – Main Floor, Suite 156 – 122 – 3rd Avenue North (Please use the back door entrance facing 4th Avenue North)

For more information call Lynn 306-655-4125

*Refers to tobacco in all forms: smoking cigarettes, pipe, cigars and using spit tobacco like snuff and chewing tobacco.

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