

QUIT NOW!

Thursday, October 11
5 pm - 6:30 pm

Want to quit smoking? Nicotine from smoking is more addictive than heroin and cocaine. Quitting smoking can be challenging, but it can be done! This smoking cessation workshop, led by *QuitNow*, assesses your readiness, offers strategies to quit, and provides resources to support your journey.

Registration is required.
To register, call 604-507-5445.



Ladner Pioneer Library
4683 - 51st Street, Delta | 604-946-6215
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