



Virtual Smoking Reduction and Cessation Group

Want to reduce or quit smoking? Attend
Fall 2022 session: 1 hr. each for 5 weeks

Topics Include:

- Introduction, Readiness to Quit and Exploring Tobacco Addiction
- Exploring Health Risks, Pathophysiology and Benefits of Quitting
- Healthy Living and Physical Activity
- Managing Withdrawal Symptoms and Exploring Nicotine Therapy
- Managing and Coping with Stress



Tuesdays 5 -6 pm
September 20th to
October 18th, 2022
On Zoom

For more information call:
Vaughan Site: 905-303-8490 Ext.2
Keswick Site: 905-476-5621 Ext. 2600

 [@vaughan_chc](https://twitter.com/vaughan_chc)

 [vaughan.vchc](https://www.facebook.com/vaughan.vchc)

 [@vaughancommunityhealthcentre](https://www.instagram.com/vaughancommunityhealthcentre)

 www.vaughanhc.com