

# STOP



# SMOKING CLINIC

Halton Region offers free individual counselling which can help you:

- understand why you smoke
- assess and modify your lifestyle
- set a STOP date

*Counselling involves three to eight visits.*

**If you are a smoker who is ready to STOP, dial 311 to book an appointment.**

The STOP Smoking Clinic offers free nicotine replacement therapy for eligible tobacco users such as patches, gum, inhalers and lozenges.



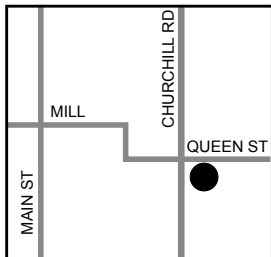
*See reverse for clinic locations >*

halton.ca | 311



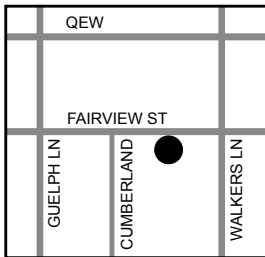
# STOP Smoking Clinics

By appointment only.



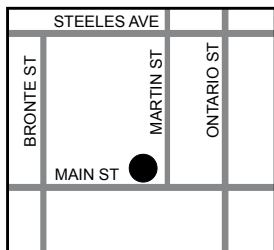
## Acton

Health@372  
Market Place Plaza,  
372 Queen St.



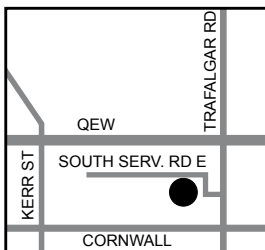
## Burlington

Health@3350  
3350 Fairview St.



## Milton

Health@217  
Town Square, 217 Main St.  
Suite 13, 2nd Floor



## Oakville

Health@232  
232 South Service Rd. E.,  
Unit B