

*City of Kawartha Lakes*

Family Health Team



*Smoking Cessation*

[www.cklfamilyhealthteam.com](http://www.cklfamilyhealthteam.com)

705.328.9853

## *Smoking Cessation*

Quitting smoking is one of the most important things you will ever do!

Smoking tobacco is both a habit and an addiction.

Is it time to start quitting?

Whether you are considering quitting or have made the decision to quit, we can support you to becoming a non-smoker once and for all.

As a participant in our Smoking Cessation program, you will be provided with motivational coaching and support from our team's registered nurse and/or respiratory therapist.

You will receive useful information and work together with our staff to create your own personal quit smoking plan. Nicotine replacements like gum and patches are available, free of charge, to help you with cravings.

You will also receive continuing support and follow-up to help you maintain your smoke free lifestyle.

*Ask your family doctor or nurse practitioner if our Smoking Cessation program may be right for you...*

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