

Thinking of Quitting Tobacco?



**Butt-Out is the CAF tobacco cessation program.
Learn strategies to help you quit - before you quit.**

Free 45-min Info Sessions

RSVP required by 13 June
Choose 1 time slot.

Mon, 17 June

1400 - 1445 hrs

1500 - 1545 hrs

1600 - 1645 hrs

Tue, 18 June

1300 - 1345 hrs

1400 - 1445 hrs

1500 - 1545 hrs

For more info or to register
Amy.Doelman@forces.gc.ca
519-660-5275 x5007

Format: Self directed. No weekly meetings!

Learn more? Attend a no-obligation, no pressure, and judgement-free info session. Any decisions around quitting and timing are always up to you.

Open to: All Reg & Res F Members, immediate family (+18 yrs) & Civilian Staff

Medications: CAF Members may be eligible for medications through Health Services free of charge.

Can't attend the info session?

Contact Amy.Doelman@forces.gc.ca

Health Promotion in the Canadian Forces

**STRENGTHENING
THE
ÉNERGISER LES FORCES**

Promotion de la santé dans les Forces canadiennes