QuitCore Tobacco Reduction Program

Join QuitCore

AlbertaQuits group support program

Support when you need it most



QuitCore is a FREE group support program led by a trained counsellor.

Make new friends, share stories and tips, and celebrate milestones together.

Program Dates: Wednesdays – Jan 28 – March 4

Time: 12:00 - 1:00pm

Location: L1114

Please pre-register at wellness@uleth.ca

A light lunch will be provided; draw prizes for those who attend all 6 sessions!

For more information

AlbertaQuits.ca

Call toll-free

1-866-710-QUIT (7848)

to join the upcoming group in your area.

Alberta Health Services

albertahealthservices.ca