

Kick Butt!



Helping you to health yourself



Smoking Cessation Program

- **Meet with a Registered Pharmacist**
- **Assess patient's readiness to quit**
- **Identify what triggers the need to smoke**
- **Determine degree of addiction**

Together, the patient and pharmacist will determine the plan of action to quit smoking. Individual support sessions will be held weekly for the first month then bi-weekly for up to 12 weeks.

We are here to help support you in your goal of reducing the amount you smoke to the point of eventually quitting.