



The First Cantonese Smoke Free Class in Alberta Health Services

This Smoke Free Class is offered to those who want to quit smoking. It will significantly increase quit rates when combined with medical treatments.

You will learn:

- Facts and Myths about quitting
- Tools and medical treatments to help you quit
- Handling difficult situations
- Staying smoke free
- Features of the class:
 1. small group
 2. free to join
 3. led by Cantonese speaking professional

The class will start in June at the Calgary Chinese Elderly Citizens Association, Chinatown. To find out more about the class or to enrol, call the Cantonese line at 403 650 4933. To find out more about Smoke Free English classes or resources, call 1-866-332-2322.

亞省醫療服務局第一個粵語戒煙班

本戒煙班針對有志戒煙人士而設。如能配合藥物治療，將可以大大提高戒煙成功率。

你將學到：

- 戒煙真實的一面
- 戒煙相關的藥物治療和工具
- 處理煙癮的方法
- 保持不吸煙的技巧
- 本戒煙班的特色：
 1. 小班制
 2. 免費參加
 3. 由粵語專業人員指導



本戒煙班在卡加利華人耆英會舉行。欲知詳情和報名，請致電中文專線 403 650 4933；查詢英語班及資料，請致電英語專線 1-866-332-2322。