

# THINKING ABOUT QUITTING AND NEED HELP?

## TALK TO YOUR PHARMACIST!

# HOW YOUR PHARMACIST CAN HELP!

### SERVICES OFFERED

Your pharmacist can help you quit smoking. It doesn't matter if you have tried and failed before. Each time you try to quit you learn something about the best way for you to quit smoking.

Your pharmacists will:

- Help you figure out when and why you smoke.
- Help you choose an appropriate nicotine replacement therapy (NRT).
- Provide counselling and tools to help you quit.
- Arrange a set number of meetings with you to do an initial assessment, pre-quit check in, quit date and then provide a certain number of follow-up sessions to help manage cravings, withdrawal symptoms and provide support.

*We offer a pharmacist-assisted smoking cessation program*



*Quitting smoking is the number one thing you can do to improve your health.*

### COST

The cost of the program is \$200.00

Program includes 5 one-on-one sessions with the pharmacist:

- assessment session
- pre-quit day check-in
- QUIT' day check-in
- 3 day post-quit
- 14 day follow-up

\*includes handouts and useful quitting information

### PHARMACIST & STAFF

The pharmacy staff is here to help you when you are ready. Even if you don't feel like you can quit now but are thinking about it, we can offer some helpful tips to get you started.



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**Call 354-3023 to book an appointment with your pharmacist.**