

Acknowledgement to:

Presented by:



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg



Interlake-Eastern  
Regional Health Authority

# Commit to Quit

**MANTRA**  
MANITOBA TOBACCO REDUCTION ALLIANCE INC.



*A 6-session group program that will help  
you*

**stop smoking and start living**

**6 Thursdays  
May 16 - June 20, 2019  
1:00 - 3:00 pm  
237 Manitoba Ave  
Selkirk  
(2nd floor Boardroom)**

**Please Register by May 9<sup>th</sup>  
@ 1-877-979-(WELL)9355**