

Quills to Cessation



Every Thursday for 4 weeks June 1, 8, 15, 22

Time: 5:00 – 9:00 pm

Curve Lake Health Centre

Participants will have an opportunity to explore simple ways to make our lives healthier. The workshop will speak to: smoking cessation; self-care; and community supports. Together we will teach and create our own Birch Bark & Quill Mandela, which we can take along our wellness journey. (Supper will be provided)

For further information, & to sign up, please contact

Steve Toms, Community Health Representative
stevetoms@curvelake.ca or (705) 657-2557

(SPACE IS LIMITED)



Hosted in partnership with

Autumn Watson, Family Wellness Worker IDHC

Lisa Beedie Aisance-Kwe, Tobacco Wise Lead South, Cancer Care Ontario

