**Ready to quit smoking?**

**Together we can make it happen!  
  
With our smoking cessation program, we can help double your chances of success.**

About our personalized smoking cessation program

By enrolling in our smoking cessation program, you will receive one-on-one coaching to review your smoking history and current health status. Working together, you and your pharmacist will develop a personalized quit plan that will:

* Identify your reasons for quitting and help you develop a quit plan
* Develop an action plan to help you deal with your smoking triggers
* Guide you through the quit smoking process with tips, strategies and regular check-ins to help you stay on track
* Advise you on smoking cessation medication (if appropriate)

**Our program works to empower you and increase your chances of quitting.  
  
Talk to your pharmacist today!**

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