



Primary Health Care Services  
OF PETERBOROUGH

*Peterborough Networked*

**Family Health Team**



## FHT to Quit Program

*Quitting smoking is the best  
step you can take to achieve  
optimum health and  
prevent chronic disease.*

[www.peterboroughfht.com](http://www.peterboroughfht.com)

# FHT to Quit Program

A team of trained smoking cessation clinicians will encourage, educate and assist Peterborough area patients to create a successful plan to quit smoking. The program will include a group education session plus 1 to 1 counselling in a supportive and non-judgmental environment. The program is based on best practices adopted from the University of Ottawa Heart Institute and the Centre for Addiction and Mental Health. Smoking cessation aids will be explored including the option of free nicotine replacement therapy (i.e., patch, gum, lozenge or inhaler).

## You will learn about:

- reasons why you smoke, nicotine addiction
- rewards and benefits of quitting
- what to expect while quitting
- strategies to cope with the challenges of quitting and tips and resources to increase your chance of success

## Who should attend:

- Are you 18 years or older and have a Peterborough family doctor or nurse practitioner?
- Are you ready to quit smoking?
- Would you like support to make a quit plan?
- Can you commit to attending 5-6 visits or telephone consults with the care team?

*Ask your family doctor or nurse practitioner for a referral to our smoking cessation care team today!*

