



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



ShineHHS.ca

Shine QUIT & WIN Contest



Register in
Advance



Drop-in
Sessions

Give yourself and your loved ones the best Christmas present ever by becoming smoke-free for the holidays! Yes, YOU CAN!

The **STOP program** delivers research-based, cost-free smoking cessation support and is available for HHS physicians, staff, learners, and volunteers this November!

Drop-in for 15 min and receive a **FREE** 5-week course of **nicotine replacement therapy (NRT) patches**. Participating employees will have a **chance to win \$250 gift card if smoke-free for the month of December!**

**Light up the party,
NOT a cigarette!**



Mark Your Calendar!

JHCC	Tues. Nov 7 12:30 AM - 3:00 PM	LOCATION JH B4- 101 Meeting Rm. 2
MUMC	Tues. Nov 14 2:30 PM - 5:00 PM	LOCATION MUMC 2G61
HGH	Tues. Nov 28 11:00 AM - 1:30 PM	LOCATION Noonan Board Room

To register, please fill out the form on the Shine website [here](#). Drop ins are also welcome. NRT will be provided while supplies last!

**Confidentiality assured.*