



QuitCore is a free group quit smoking program, available in several cities and towns across Alberta. It is based on the Tom Baker Cancer Centre program that has been helping people quit for 25 years.

How does it work?

Smokers who participate in group programs like QuitCore are more likely to quit successfully. In fact, QuitCore has helped close to 7,000 Albertans become smoke-free. The program teaches quitting support techniques such as self-hypnosis, behaviour modification, relaxation, and strategies to help with physical and mental recovery. Led by trained instructors, QuitCore uses a number of methods such as lectures, demonstrations, in class practice of coping skills, group problem solving and group support. QuitCore also encourages positive support from friends and family.

When and where does the program take place?

The program consists of eight 90 minute sessions, over a period of 14 weeks. Sessions for the winter program will run from 7:00 to 8:30 p.m. in the following areas:

The **Calgary** sessions start on **January 27th** and will be held at the Tom Baker Cancer Centre, Room CC104.

Sessions in **Airdrie, Camrose, Claresholm, Fort McMurray, Stettler** and **Wetaskiwin** will take place via Telehealth, starting on **January 28th**

The **Edmonton** sessions start on **January 29th** and will be held at Grant MacEwan College, Robbins Health Learning Centre, Room 9-103.

Registrants will receive a package in the mail containing information about when and where sessions will be held, maps, and other information about the program.

How can people sign-up?

To register for the QuitCore smoking cessation program, simply call the toll-free QuitCore number: **1-866-710-QUIT (7848)**.

QuitCore is offered by the Tobacco Control Unit (TCU) of the Alberta Cancer Board; a proud member of Alberta Health Services. To learn more about QuitCore, visit www.quitcore.ca.