Dear staff:

This week (January 15-21) is National Non Smoking Week. National Non-Smoking Week (NNSW) has been observed for more than 30 years. It is one of the longest running and most important events in Canada’s ongoing public health education efforts.

Here are some facts about smoking:

1. The average smoker has 7 quit attempts before they are finally successful.

2. 8 hours after your last cigarette, your body starts to heal. It’s worth the effort!

If you, or someone you know, is thinking about quitting smoking, there are local supports available. Call [Quitpath](https://www.quitpath.ca/) at 667-8393 or call toll free 1-866-221-8393

Come visit the Health and Social office today, we have information on quitting smoking and where to go for support.

Sincerely,