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PRESENTS

Science on tap

Quench your interest

Tuesday, January 17th from 6:30pm – 8:30pm
Empire Grill Restaurant
47 Clarence Street, Ottawa

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Quitting Smoking 101: Everything you need to know!

The University of Ottawa Heart Institute invites you to attend an informal information session about quitting smoking. Learn from experts about the neurobiology of nicotine addiction and effective smoking cessation treatments. Discuss the challenges of cessation and take away practical tips to help with quitting.

There is no cost to attend and all are welcome.
Light snacks will be provided and cash bar will be available.
Contact **OMSC@ottawaheart.ca** or **613-761-4034** by January 13th to register.

Experts:

Dr. Andrew Pipe

Chief, Division of
Prevention and Rehabilitation
University of Ottawa Heart Institute

Dr. Heather Tulloch

Psychologist,
Clinical, Health and Rehabilitation
University of Ottawa Heart Institute

Mr. Fabien Lefebvre

Former Client,
Quit Smoking Program
University of Ottawa Heart Institute

Moderator:

Ms. Annette Goerner

News Anchor, CTV Morning Live



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INSTITUT DE CARDIOLOGIE
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