

# Take control of your tobacco use



Free drop-in group to help you stop or reduce smoking

## Location

Room 4166  
Gordon and Leslie Diamond  
Health Care Centre  
Vancouver General Hospital  
2775 Laurel Street, Vancouver

## Hours

4:00 PM - 5:00 PM  
Every Wednesday

## More information:

[HelpToQuit@vch.ca](mailto:HelpToQuit@vch.ca)

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