

Welcome to Leave The Pack Behind @ Sheridan College!

Leave the Pack Behind (LTPB) offers support and information for all students – smokers and non-smokers. Whether you are thinking of quitting or cutting back, trying to help someone else quit smoking, or simply seeking more info about cigarettes, smoking, or the tobacco industry, LTPB can offer you something.

At the campus health centre, you can get:

- Advice from a health professional
- Quit strategies and aides tailored just for you
- 'Smoke|Quit' booklets to take away and read at your convenience
- Tips to deal with people who nag you to quit
- Info for people who DON'T want to quit
- 'u know u want 2... help a friend quit smoking' booklets

What else can you get?

- 'e-Smoke | Quit' – just click [here](#)
- All the fabulous info on this website

What *won't* you get?

- Someone telling you to quit!!

Smoke | Quit

Smoke|Quit is a *self-help* smoking cessation program written by post-secondary students *for* post-secondary students. The program deals with issues of concern to you, and takes into account the stresses that all students deal with.

Quit is designed for smokers who are thinking of or trying to quit and stay smokefree. It includes self-quizzes, great tips, current research, and a 4-day quit-plan.

Smokers with no plans to quit smoking can read **Smoke**. It offers a tongue-in-cheek view of smoking and the numerous social pressures to quit.

QUIT

SMOKE

Pick up your **Smoke | Quit** booklets at your campus health services clinic. Please stop by either of Sheridan's Trafalgar Road and Davis campus health centres for any information about smoking and/or quitting, and to get your Smoke|Quit booklets

Or, access the **e-Smoke | Quit** online program.

**Health Services Office
Trafalgar Road Campus**

Room B129

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Fax: (905) 815-4012

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