

# The YWCA Lethbridge and District

is pleased to offer a **free**  
stop smoking program  
for youth (16 to 24)  
and adult women.



**Your Strength - Smoking Cessation** focuses on four basic elements:

- health education
- smoking cessation support
- fitness
- nutrition education

**Sept. 13 – Oct. 25**

(Mondays - 4 - 5 pm)....Your Strength for Youth

**Sept. 14 – Oct. 19**

(Tuesdays - 12 - 1 pm ....Your Strength for Women

**Call 403-329-0088 to register.**

The YWCA Lethbridge and District hosts a myriad of programs that focus on the wellness of mind, body and spirit for the citizens of our community. Our programs are created, delivered and led by women.

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YWCA Lethbridge and District  
604 – 8th Street South  
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Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)



Join us at:

