



**ARE YOU A NEW DAD OR EXPECTING A BABY?  
DO YOU WANT TO REDUCE & QUIT SMOKING?  
THIS **FREE** PROGRAM IS FOR YOU!**

**Start Date:**

**Location:**



**FATHERING**

**Once a week for 8 weeks**

**Time:**

**PHYSICAL  
ACTIVITY**



**FREE infant/childcare  
FREE program "gear"**



**QUITTING  
SMOKING**

**For more information or to register:**

**Call:**

**Email:**

**Visit:** [www.dadsingear.ok.ubc.ca](http://www.dadsingear.ok.ubc.ca)



**a place of mind**

**THE UNIVERSITY OF BRITISH COLUMBIA**