

Welcome

Your appointment time is set and you can look forward to a feeling of freedom and elation at being a non-smoker from that date onwards.

You need to fill in the questionnaire and bring it with you when you come for your appointment.

Your investment in the life of a non-smoker can be done through PayPal off the Metamorph Us site. Once you have a confirmed appointment, we will give you a code to access PayPal. Complete this payment a day or two before your session.

You can also pay by cheque or cash at the time of your session. Make cheque payable to Metamorph Us Inc.

The Stop Smoking in One Hour office is located near the Gloucester Centre in the Ogilvie/Blair area. The #2 bus stops right in front or there is visitor parking available on the circular drive. You do not have to register your car. Full directions are available on this site.

Please be on time, and aim to arrive fifteen minutes prior to your appointment, because we need the full hour for your session. Also, be sure to phone in at least twenty-four hours in advance in the unlikely event that you need to reschedule your appointment. Failure to do so wastes the appointment time.

I look forward to seeing you,

Sincerely,

*Patricia*

**Some things you may want to do ahead of time:**

Clean and pack away ash trays

Air out or freshen the house - for some this means getting the rugs cleaned and making sure you have smoke free clothes to wear

Wash car interior if you have smoked in it

Have juice and water on hand

Count down the days to becoming a non-smoker!