

Make it memorable,
quit smoking on a holiday



You can quit...
on your own or with help.

CHOOSE YOUR WAY!

» *If you are 18-29, there are many proven options to help you quit successfully.*



Read the quit smoking booklets

QUITRUNCHILL

Sign up for the free web program



wouldrather.ca

Quit, reduce or stay smoke-free in the January contest



Download Quit Apps

smokers' helpline

1-877-513-5333 smokershelpline.ca

Get non-judgmental, personalized support by phone, online and text

» *For more information about these, and other quitting resources, go to*

LeaveThePackBehind.org

*You can also call your local **Public Health Unit**, or make an appointment to talk to a **Health Care Provider**.*

Get **FREE** Nicotine Patches & Gum

AVAILABLE WHILE SUPPLIES LAST

ORDER ONLINE @ NRT.LEAVETHEPACKBEHIND.ORG