

Thinking of quitting smoking?
We're here to help.

quitnow ca



QuitNow is a FREE service available to all British Columbians.

Quit smoking in your own way, at your own pace.

Create a personalized quit plan.

Get daily motivation by text or email.

Talk to a trained Quit Coach by phone or live chat.

Share tips with online community members to quit and stay quit.

Visit QuitNow.ca or call us toll-free at 1.877.455.2233 today!



**BRITISH COLUMBIA
LUNG ASSOCIATION**



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QuitNow is managed by the BC Lung Association and funded by the BC Ministry of Health.