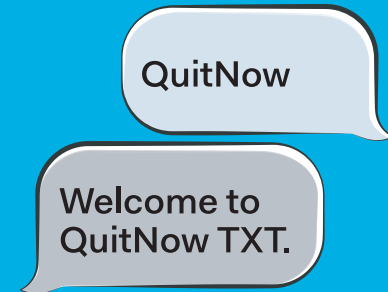
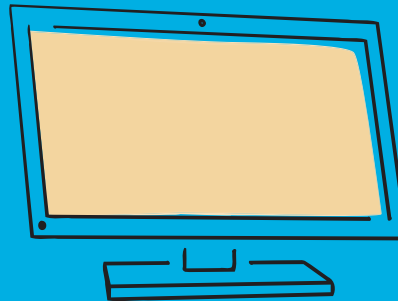
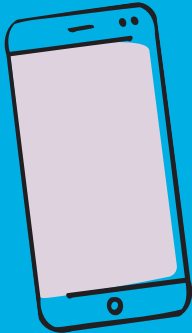


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- Call **1-877-455-2233** toll-free to speak with a trained Quit Coach. Quit Coaches will help you create a quit plan, deal with cravings and get the support you need to stay smoke-free

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- Visit **www.quitnow.ca** to create a personalized Quit Plan
- Live chat with a Quit Coach
- Get support through social media and the online community

TEXT

- Text **QUITNOW** to **654321** to get motivational messages
- Text **CHAT** to talk to a Quit Coach

Try QuitNow today!