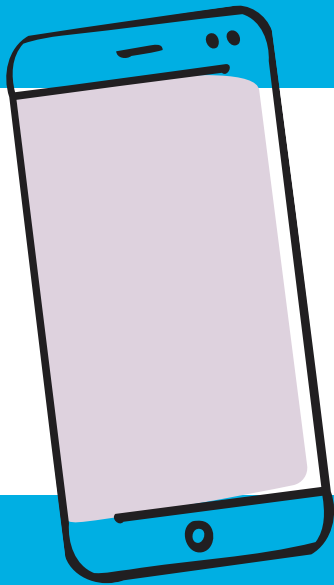


# Quitting Smoking?

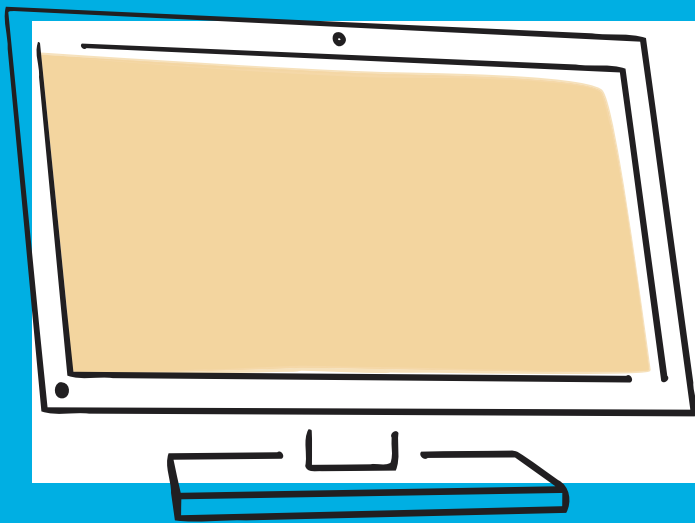
Let QuitNow help you by increasing your chances of staying quit.

QuitNow is a FREE quit-smoking service, offering support by:



## PHONE

- Call **1-877-455-2233** toll-free for one-on-one advice and guidance. Whether you're looking to quit or want to learn more about your health, our Quit Coaches are available to help



## ONLINE

- Visit [www.quitnow.ca](http://www.quitnow.ca) to create a personalized Quit Plan
- Live chat with a Quit Coach
- Get support through social media and the online community



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## TEXT

- Text **QUITNOW** to **654321** to get interactive motivational messages straight to your phone

Try QuitNow today!

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