

QuitNow is a FREE service available to all British Columbians.

- Quit or reduce tobacco and e-cigarettes in your own way.
- Set your own goals and find methods that work for you.
- Get tips and motivation to help you succeed.
- Get personalized support from a Quit Coach.

Share your story with our online community and get support in achieving your goals.



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

**Worried about your tobacco or
e-cigarette use? We're here to help.**

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

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