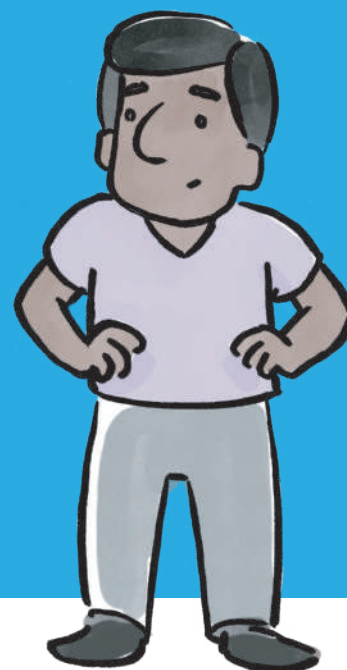


Quitting tobacco can help...

Improve your
overall mental health

Reduce the use
of some medications

Reduce the use
of other drugs



Interested in quitting smoking?

Chat with your health care provider for support.

Visit quitnow.ca or call 1-877-455-2233 for more information.

quitnow 