



Hello Friend,

Welcome to QuitNow's Client Newsletter! Here we share quit tips, the latest in research and resources, and exciting updates to QuitNow's services to provide you with the best possible options for your quit journey.

**Let's get into it!**



Launching our NEW Group Support Sessions!

Launching Breakthrough: QuitNow Group Support, QuitNow's new webinar-style group support sessions. These sessions will take place on the first Monday evening of every month (\*unless it falls on a stat holiday) and will provide you with opportunities to learn about quit strategies and resources from one of our expert Quit Coaches.

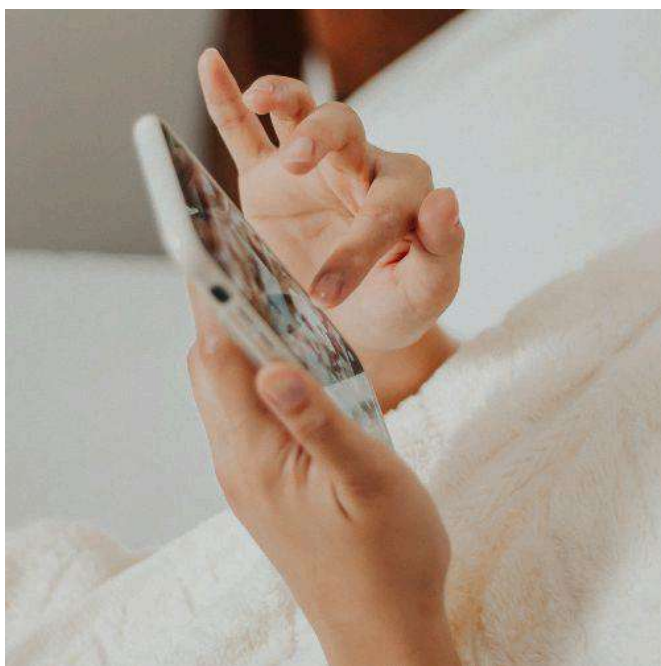
### **Nicotine Pouches and Vaping**

Monday, July 8th, 2024

7:00 pm, PST

Join us to learn about nicotine pouches and vaping, including the health risks, especially for youth, how to keep yourself safe if you're using pouches or vapes, and safe alternatives you can use instead.

[Register Here →](#)



### **Curb Cravings by Cutting Down on Scrolling**

Spending time on social media might make you more likely to smoke or vape—if you're trying to quit or cut down, take a break from social media! [Read more here.](#)

If you're going to scroll, fill your feed with health-promoting accounts like [@quitnowbc](#) to keep you motivated to achieve your goals.

[Learn more about triggers and cravings →](#)

### **Cytisine: A Plant-Based Med to Help You Quit**

The plant-based medication cytisine is an affordable and effective option to help you quit smoking. New research found that cytisine was as effective as nicotine replacement products like the nicotine patch. [Read more about the study here.](#) For more information about cytisine and other quit aids, [visit our Medications That Can Help page.](#) Always talk to your doctor or other health care provider to find the right option for you.



## QUIT TIP: Track Every Puff

Tracking your smoking or vaping helps you understand when and why you're consuming nicotine. Use our Tally Sheet to track your behaviour and see if you notice any patterns.



[Download the Tally Sheet](#)



### Better Scrolling

Looking for more motivation? Follow us on Tik Tok!

[Follow →](#)



### Inspire Others

Share how QuitNow has helped you on our [Testimonials](#) page.

[Share →](#)



We recently launched our 2023 Annual Report showcasing our accomplishments and client-focused initiatives over the past year. Check out the key highlights from the report at a glance below!

[2023 Annual Report: At a Glance →](#)

Follow us on social media!





SUPPORT CAN DOUBLE YOUR CHANCES  
OF QUITTING NICOTINE FOR GOOD.