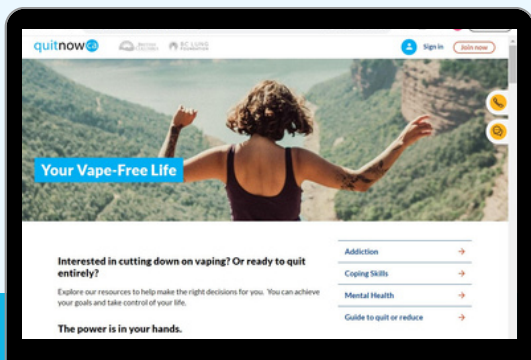


QUIT SUPPORT. FROM ANYWHERE.



QuitNow is a free and personalized program for British Columbians looking to quit or reduce vaping.

- ✓ Talk to a quit coach.
- ✓ Design a quit plan.
- ✓ Receive motivational text tips.

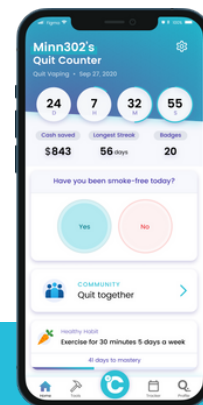


[Make a Quit Plan](#)



Quash is a free judgement-free app to help young Canadians quit smoking or vaping.

- Free mobile app for everyone.
- Design a personalized plan.
- Track your customized goals.



[Download the App](#)

PROGRAMS LIKE QUITNOW AND QUASH CAN DOUBLE YOUR CHANCES OF QUITTING SUCCESSFULLY.



Powered by
LUNG HEALTH FOUNDATION