



Hello Friend,

Welcome to 2025! It's a brand new year, which means a new opportunity to commit to a healthier you! Whether you quit on January 1st or you quit 5 months ago, it's the perfect moment to make new goals, set down a plan, and remind yourself of the future you want – one **free of nicotine!**

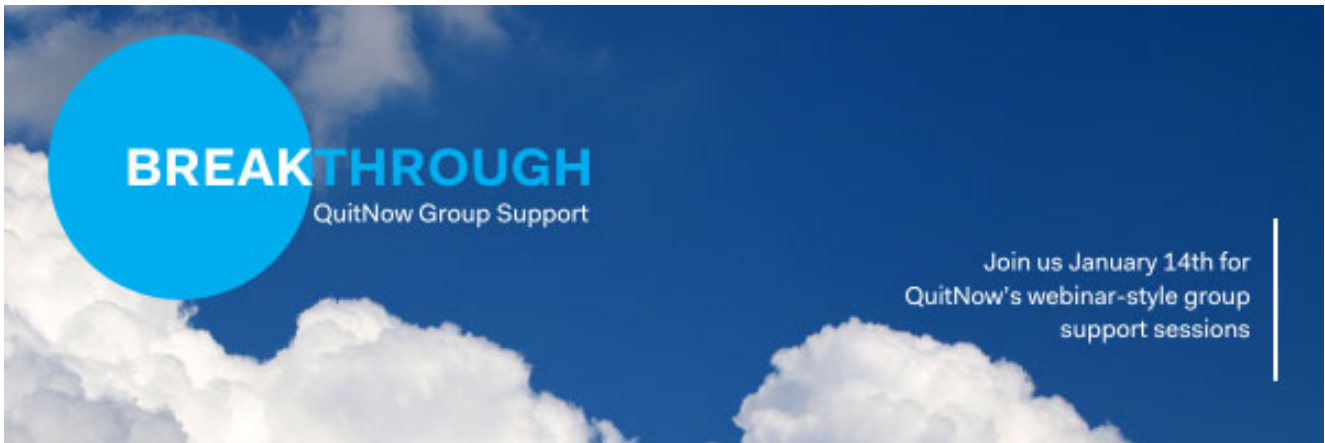
2025

New Year, New Goals, New Opportunities to Quit!

Are you beginning the journey toward a nicotine-free life or re-starting after a long relapse? Here are a few exciting ways to get started this month:

1. **Join our Quit Week BC Contest on January 13th!** This month, we're giving away FIVE prizes of \$150. All you have to do is try quitting for a week and you could WIN! Get full details and sign up [here!](#)
2. Keep it going with **National Non-Smoking Week!** Every year the entire nation comes together in solidarity and motivation towards a smoke-free life. You don't have to quit alone.

3. Use **QuitNow Services** to help you quit! You can schedule an appointment with a Quit Coach over the phone or live chat with them anytime. Your quit journey is personal to you and we're here to support you on your way.



In this month's Breakthrough Group Session, we will be talking about Relapse Prevention! We'll increase awareness of the common situations that cause relapse and share some strategies on what to do if a relapse happens to you.

[Register Here →](#)



It's not too late to quit!

The good news from recent research suggests that older people who quit smoking can gain at least an additional year of life plus see immediate health benefits. Continuing to smoke – which is a leading cause of cancers and other chronic diseases - reduces life expectancy by about 6 years on average compared to non-smokers. Quitting smoking later in life is still worthwhile!

[Read more here](#)

Movement minimizes cravings

Physical activity can improve your mental and physical health and maintain your quit goals. The start of the new year

is a great time to start new healthier routines like exercise, especially as we're quitting smoking or vaping. Did you know that moving your body can reduce cravings and withdrawal symptoms? As you progress on your smoke-free journey, your lung capacity can even improve up to 30%! Learn more about the benefits [here](#).



QUIT TIP: Find Your Why

When it comes to quitting or reducing nicotine, understanding what drives you is key. It is helpful to examine [your personal reasons](#) for quitting and the rewards or barriers of choosing a smoke-free life. Your why is a strong motivator to overcoming addiction.

[Download My Reasons Worksheet](#)



Join Our Online Focus Group!

This focus group is an opportunity to share your experiences about QuitNow, including how you learned about the program, your thoughts on the support

provided, and the benefits you've experienced. Your feedback will play a key role in shaping the program's future.

[Register Here →](#)



Text Tips

Text Tips is QuitNow's free 3-month mobile messaging program that offers motivational support by text message to keep you going!

[Sign Up →](#)



Get in Touch!

Contact us with any questions or concerns about QuitNow. We're here to help.

[Contact Us →](#)

Looking for more motivation?
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