

Helping British Columbians

QUIT SMOKING AND STAY QUIT



GET SUPPORT



quitnow.ca

Free, self-directed program and supportive community, packed full of helpful tools and resources.



1.877.455.2233

Want to talk to a Quit Coach? Our free, friendly, and professional help line is open 24/7.



Text Support

Text QUITNOW to 654321 and get supportive messages any time, anywhere.

GET SOCIAL



facebook.com/quitnowbc

Join an ever growing and dynamic community of people choosing health over addiction.

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“ It wasn't easy, and I tried and failed many times. But this time I'm done. No more cigarettes, ever. ”

*Dawn Bogle,
ex-smoker with
son Ty*

GET STARTED

**TOBACCO
FREE
TUESDAYS**

<http://contest.quitnow.ca>

Quit for 24 hours and win great prizes! Enter the first Tuesday of every month!

quitnow **ca**
THE  LUNG ASSOCIATION™
British Columbia

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