**TIPS TO QUIT VAPING**

1. **Figure out what's motivating you.**
   Make a list of your reasons for making this change.

2. **Set a date.**
   Choose a date that sets you up for success.

3. **Prepare for triggers and cravings.**
   Think about the situations that make you want to vape, and brainstorm how to get through them.

4. **Build your support system.**
   Your loved ones, health-care providers, and the QuitNow community can support you through this change.

5. **Go easy on yourself.**
   If you slip, don't beat yourself up. Tomorrow is a new day and you can always try again.

**REMEMBER**
You're not alone. We're here to help.

**VISIT QUITNOW.CA**
or call 1-877-455-2233 to get support from a Quit Coach.

[Visit QuitNow.ca](https://www.quitnow.ca)