



YES, YOU CAN STOP SMOKING.

WE KNOW YOU CAN.

QUITCHALLENGE.CA

**REGISTER UNTIL
FEBRUARY 10, 2020**



6 WEEKS WITHOUT SMOKING, 6 TIMES MORE CHANCES OF QUITTING FOR GOOD.

Participate in the *Quit to Win!*
Challenge, from **February 10 to March 22, 2020.**

FREE SUPPORT

Take advantage of the available tools and resources to increase your chances of success. Support and motivation, guaranteed!



A personal profile at
quitchallenge.ca



The Facebook
community



Prizes to win



The **SOS CHALLENGE**
app



The **I QUIT NOW** helpline:
1-866-527-7383



The **Quit Smoking Centres**
in your area

WITH THE CHALLENGE, YOU CAN STOP SMOKING!
REGISTRATION AT QUITCHALLENGE.CA

AN INITIATIVE OF CAPSANA. IN COLLABORATION WITH:

Québec 



Jean Coutu