

THIS TIME IT'S FOR GOOD



REGISTER AT
QUITCHALLENGE.CA
UNTIL FEBRUARY 6



*Rules and regulations available at quitchallenge.ca.



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

REGISTER AT
QUITCHALLENGE.CA

Quit smoking with the *Quit to Win! Challenge*,
from **February 6 to March 19, 2017.**

Free support

To increase your chances of success, discover these support tools and much more:



Your profile at
quitchallenge.ca



The Facebook
community



The Jean Coutu
Quit Kit



The **SOS Challenge** app



The iQuitnow helpline:
1-866-527-7383



The **Quit Smoking
Centres**

WITH THE CHALLENGE, THIS TIME IT CAN BE FOR GOOD!

An initiative of **Capsana**. In collaboration with:

Québec 



JeanCoutu



do more
feel better
live longer