

# YES, YOU CAN STOP SMOKING.

WE KNOW YOU CAN.

REGISTER AT  
[QUITCHALLENGE.CA](http://QUITCHALLENGE.CA)  
UNTIL FEBRUARY 4



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

Participate in the *Quit to Win!*  
Challenge, from **February 4 to March 17, 2019.**

## 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](http://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](http://QUITCHALLENGE.CA)**

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

Québec 



**Jean Coutu**