



# Ready to Quit?

Whether you quit smoking or vaping for a year or a day, every try brings you one step closer to quitting for good!



To find support, visit  
[DontQuitQuitting.ca](https://DontQuitQuitting.ca)

Produced in partnership by  
Ontario's Public Health Units

©2024 Thunder Bay District Health Unit  
and Simcoe Muskoka District Health Unit