

A woman with short dark hair, wearing a tan work jacket over a white t-shirt, stands in a workshop. She has safety glasses hanging from her jacket. The background is filled with industrial machinery and bright overhead lights.

# 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**

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