

FIRST
WEEK
CHALLENGE

CONTEST

QUIT TO
WIN!



Register at QuitForaWeek.ca before the end of the month
for your chance to **win \$500!**

Every registrant will receive free access to support and services from Smokers' Helpline. To create your personal plan and become tobacco-free for good, call **1-877-513-5333** or **text 'iQuit'** to the **number 123456**.

smokers' helpline



Canadian
Cancer
Society
Société
canadienne
du cancer



talk tobacco
Indigenous Quit Smoking and Vaping Support

Follow Us Smokers' Helpline

* No purchase necessary. Smokers' Helpline clients must be a resident of SK, MB, On, PEI or YK; Talk Tobacco clients must be a resident of BC, MB, ON or SK. SHL and TT participants must be age of majority or over and a current tobacco user or who has quit within three months and used tobacco at least one-hundred times. To be eligible to win, stay tobacco-free for the first seven days of the month. Each month (until April 2025) two cash prizes of \$500 will be awarded. (1) \$500 for SHL and TT participants (except BC) and (1) \$500 to TT participants of BC. Odds of winning depends on the number of entries in the applicable entry period. Skill testing question required. For full rules and prizeing information, visit QuitForaWeek.ca.

** all references to tobacco are to commercial tobacco products