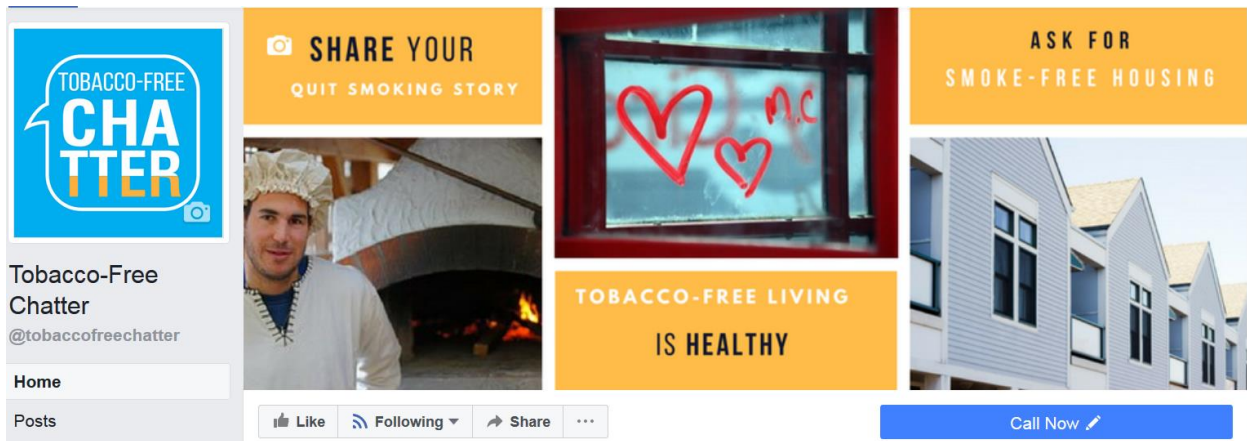


#TOBACCO TRADEOFF



Share your story about how smoking hurt your health, and how you quit?

Have you quit smoking for at least six months? Are you living with the health effects of having smoked?

We would like to hear your story and share it to help others quit before they make a tobacco trade off.

Research through the Centres for Disease Control have shown that stories about living with the effects of smoking encourage people who smoke to try to quit. And when they are ready to try we want to be there to help them succeed. Quitting smoking is the single best thing a person can do to protect their health. Will you help us?

If you would like to help someone else quit smoking please contact us by calling our **Call Us** – Call Health Connection at 705-721-7520 or 1-877-721-7520 between 8:30 am and 4:30 pm Monday through Friday or **Email Us** – Be sure to say you want to share your **Quit Smoking story** and we will follow up with a phone call to you.

[Click here to send the email](#)

[Click here to see some of the #tobaccotradeoff stories](#) we have shared. Join our Facebook group [@Tobacco-FreeChatter](#) and on twitter [@TFC](#)