

# Quit smoking (for life).

Larry: "I must have tried to quit 15 times in as many years. I knew my addiction could be broken – so the last time I tried to quit, I didn't just try: I did it."

Sandra: "I knew Larry had quit successfully but it took a final push to make me quit: my brother needed a kidney transplant, and I needed to be as healthy as possible to be his donor. The surgery was a success, and in this case quitting smoking improved the lives of two people."

Larry > Deputy Minister  
Quit: January 2004

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Sandra > Executive Assistant  
Quit: March 2009

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Expert counsellors.  
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You can do it!

## Quittin' Time!

The program to help you quit smoking

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