

# Words of Wellness

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## TOBACCO-FREE LIVING


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### Apps to assist with quitting smoking

 **Smoke Free:** This app is FREE for iPhone and Android

 **Kwit:** This app is FREE for iPhone and \$2.16 for Android users.

 **LIVESTRONG My Quit Coach:** FREE for iPhone, not available for Android.

 **Quit It Lite:** FREE for iPhone, not available for Android.

### QUOTE:

*"Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity."*  
— W. Clement Stone

### Smokers Helpline

Smokers' Helpline has proven, free and personalized tools to help you quit successfully. They provide both telephone counselling by dialing 1-877-513-5333, and online services at <http://smokershelpline.ca/how-to-get-help?section=1>

Author/Origin: Canadian Cancer Society  
[www.cancer.ca](http://www.cancer.ca)

### Smokers' Helpline Brochure

A printable brochure with information about the services offered to people trying to quit smoking, with facts about the benefits of quitting.

Author/Origin: NB Anti-Tobacco Coalition  
[www.nbatc.ca](http://www.nbatc.ca)

### Fact sheet on E-cigarettes:

<http://nbatc.ca/en/uploads/E-Cigarettes%20Fact%20Sheet%20Sept%202015.pdf>

## Tobacco-Free Living

Tobacco free living is essential to a healthy lifestyle! Living tobacco free means avoiding exposure to smoke, not starting to smoke and, if you currently smoke, quitting. Living tobacco free reduces the risk of many chronic diseases and enhances quality of life.




### MAKE A COMMITMENT TO:

- Keep tobacco smoke outside.
- Post "tobacco free" signs at home and in your car.
- Talk to your child about the dangers of tobacco use. Together, brainstorm different ways to say "No thanks!".
- Get rid of all tobacco and ashtrays in your home and car. Out of sight, out of mind!
- Ask family, friends and health professionals for support when you are ready to quit!

### Support is available!

- Call the Smokers Helpline: 1-877-513-5333 or visit [www.smokershelpline.ca](http://www.smokershelpline.ca). It's free, confidential, convenient and it works!
- For a copy of *On the Road to Quitting: Guide to becoming a non-smoker* or *Quit4Life* resources, call Health Canada at 1-800-622-6232.
- There are a variety of medications that improve your chance of success. Talk to your health care provider about what's right for you.

[www.gnb.ca/wellness](http://www.gnb.ca/wellness)

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