

# The first life to save is **YOUR OWN**

Learn how to QUIT smoking today!

**CALL TOLL FREE: 1-866-710-QUIT [7848]**



**QUIT**  
CORE

**We can help you join the 1 million Albertans that have quit smoking.**

Quit Core is a free group support program that teaches you how to quit smoking and connects you with others who are also quitting. Begin your smokefree life!

Call toll-free 1-866-710-QUIT [7848] to join the upcoming group.