

Saskatchewan **QUIT SMOKING** Challenge

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SaskQuits.ca



**LUNG
SASK**



nicorette

Is it your time to quit smoking?

We're here to help.

- Weekly & Grand Prizes
- Expert Resources and Tips
- Community Support
- **Free** Nicotine Replacement Therapy Trial Pack

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Join the challenge anytime between
November 17, 2025 to February 28, 2026