

Saskatchewan QUIT SMOKING Challenge

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

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

Sign up for **FREE**
SaskQuits.ca



smokers' helpline

