



Your journey, our time.

Many BC First Nations are quitting commercial tobacco use before. Start your own journey to be smoke-free with the Tobacco Timeout Challenge. Quit smoking for 24hrs for a chance to win a \$250 prize. Games take place the first Tuesday of every month.

Sign up today at TobaccoTimeout.ca.





Contest details

Every big journey begins with a single first step.

On February 7 we're asking you to take the Tobacco Timeout Challenge and quit tobacco for 24hrs. Making the decision to try is the first step on the journey to becoming tobacco-free.

You don't have to quit forever – just 24 hrs. And you don't have to do this on your own – there will be hundreds of other people joining with you from across BC.

If you're like most people who smoke, you probably want to quit and you've probably even tried before. The reality is that most people don't quit the first time, nor the second, nor even the third.

Like learning anything new, learning to be smoke-free takes practice and takes time. The more times you try to quit – the more you break the cycle of routine – the more likely you are to succeed.

So what are you waiting for? You've got nothing to lose, a lifetime to gain, and – if you're lucky – one of two **\$250 prizes to win.**

Let's get started.

Artwork by the very talented Mulidzas-Curtis Wilson. To read more about the significance of the logo design, go to the FAQ here.

Presented by



First Nations Health Authority
Health through wellness