



## Tools you can use to quit smoking, vaping, or using tobacco

Did you know that May 31<sup>st</sup> is World No Tobacco Day?

Deciding to quit smoking, vaping, or using tobacco is a big step for your health. Following through on the decision to quit can be difficult, but there are tools to make it easier.

The article *Tools You Can Use to Quit Smoking* can be found in the new *Health & Wellness Centre*\*. Tools and resources include:

- Social support
- Apps and online resources
- In-person programs

\*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.