

QUIT HAPPENS

Focus on your reasons for quitting:



Financial

At a price of \$15 per pack of 20 cigarettes, smoking 12 per day costs \$3,285 annually. By quitting smoking, you can save for the things that matter to you.



Health

Quitting smoking is the most important thing you can do to improve your health. When you quit, your body starts to heal itself almost immediately.



Relationships

Family and friends top the “reasons to quit” list. You want to be around for them, and they’ve probably asked when you’re going to quit in one way or another.

OAK HOUSE BENEFITS

Your body starts to heal within 24 hours of quitting:

20 Minutes

Heart rate and blood pressure drop to normal levels.

12 Hours

Carbon monoxide levels in the blood drop to normal.

2 Weeks

Lung function and circulation begin to improve.

6 Weeks

Energy levels substantially increase.

6 Months

Lung capacity improves; smokers cough and shortness of breath begin to subside.

1 Year

Risk of heart disease decreases by 50%.

Ready to quit? Or thinking about it?

The Canadian Cancer Society offers information, tools and a support community to help you quit and stay quit.

Smokers' Helpline is a free, confidential service. They can help you develop a personal quit plan and refer you to programs and services in your community.

Source: Smokers' Helpline, Canadian Cancer Society, 2020, www.smokershelpline.ca

Learn More Today!

www.smokershelpline.ca

Canadian Helpline: 1-877-513- 5333

Telehealth Ontario: 1-866-797-0000