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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX NUNAVIK

Communiqué

FOR IMMEDIATE RELEASE

"STAY QUIT TO WIN" CHALLENGE

I register before March 1, 2013

Kuujjuaq, February 18, 2013 – The Nunavik Regional Board of Health and Social Services (NRBHSS) is continuing its efforts to help smokers quit smoking. Once again, this year the "Stay Quit to Win" Challenge will begin on March 1, 2013, and end on April 11, 2013, for a total of six weeks.

You may download the rules of the challenge and the registration form by clicking here. Fill out the form and return it no later than February 29, 2013, by fax at 1-866-867-8026 or by mail to "Stay Quit to Win," DPH, P.O. Box 900, Kuujjuaq, Qc, J0M 1C0.

Each registered participant will receive a brochure and a CD to encourage and help them in their efforts at quitting smoking.

The challenge is open to all *Nunavimmiut* smokers aged eight years and older.

Several prizes are available thanks to the generosity of our partners:

- First Air return tickets for Montréal;
- Air Inuit return tickets for any destination in Nunavik or for Montréal;
- $500 gift certificate from the Federation of Cooperatives of New-Québec (FCNQ);
- $500 gift certificates from Northern Stores;
- $500 gift certificate from the NRBHSS;
- receiver and satellite dish from Bell.

Interested participants must register before March 1, 2013.

The NRBHSS is a public agency created in 1978 under the **James Bay and Northern Québec Agreement**. *It is responsible for nearly the entire territory north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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Source: Nunavik Regional Board of Health and Social Services
Department of Public Health

Information: Eric Duchesneau
Information Officer, NRBHSS
819-964-2222, extension 275

This communiqué is also posted on our Web site at www.rrsss17.gouv.qc.ca.