

# STAY QUIT TO WIN CHALLENGE

**Get involved for the cause and encourage people to participate!**

**From April 1<sup>st</sup> to May 13<sup>th</sup>, 2019, Nunavimmiut aged 8 years and older** are invited to participate in the challenge to quit smoking. Several prizes can be won, including **airline tickets, an Apple Watch, a bicycle and more!**

**Three good reasons to promote the challenge:**



**Quitting smoking** means taking care of your health. The rate of lung cancer in Nunavik is **four times higher than the Quebec average.**\*



**Tobacco can be found everywhere in Nunavik** and it is time for a change. **Tobacco has never** been part of Inuit culture.



**Quitting smoking** in groups **increases the chances of success.** Start a movement among those you know!

**REGISTRATION BEGINS ON MARCH 1<sup>st</sup>, 2019.**

Visit [www.nrbhss.ca/sqtwn](http://www.nrbhss.ca/sqtwn) for contest details.

Join the Facebook group [@StayQuitToWinNunavik](#) and like the page [@NunavikHealthBoard](#).

**For further information:**

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