

Tobacco use  
is the number 1 cause of  
preventable disease in the world.  
Every 8 seconds, someone dies  
because of tobacco use.

You can quit.  
We can help.  
Call us today!

519-371-4773 ext.125



Health  
Canada

Santé  
Canada

Call Healthy Choices today!  
Monday - Friday 8:30 -4:30  
519 -371- 4773 ext.125

[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)

Project funded by Health Canada



\*Smokers' Helpline\*  
individual telephone support  
and online resources  
1-877-513-5333  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

\*Health Canada\*  
information and support  
on smoking cessation  
[www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)

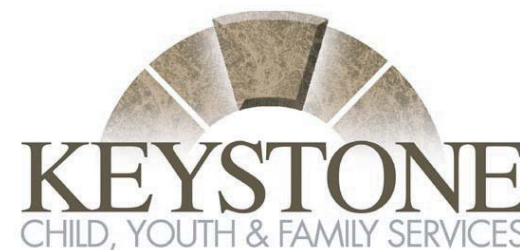
# Healthy Choices

Your Journey  
to Smoke Free Living

" Quitting Really Is Worth It"



Free Group & Individual Support Available  
1-800-567-2384 or 519-371-4773 ext.125  
[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)



# Healthy Choices

## Services may include:

- Individual, group or telephone support related to quitting or cutting back
- Tips on reducing and dealing with cravings
- Discussion on triggers and how to handle difficult situations
- Stress management
- Healthy nutrition
- Carbon monoxide and blood pressure readings from a registered nurse
- Distribution of self help materials
- Lunch and Learn sessions at workplaces
- Link to Smokers' Helpline
- Information about other resources

## Healthy Choices

uses the most up-to-date information and is a free and confidential service.

It doesn't matter how long you've been smoking, how old you are, or how bad your health is - quitting smoking has major and immediate benefits for everyone.

Over half the people who have ever smoked in Canada have quit.  
You can too!

# Benefits of Quitting Smoking

## What a difference a smoke-free day makes!

The minute you have your last cigarette, your body begins to heal itself...

- 24 hours after quitting, you lower your chances of having a heart attack
- 48 hours after quitting, your sense of smell & taste improve and begin to return to normal
- 2 weeks to 3 months after quitting, your circulation improves and your lungs work better (try taking the stairs now!)
- 1 year after quitting, your risk of heart disease is about half of what it would have been if you had continued to smoke
- Your children will be less likely to have ear infections, asthma, bronchitis, pneumonia, and SIDS as a result of second hand smoke
- Improved finances