



**“IF YOU WANT
TO QUIT
SMOKING,
THIS PROGRAM
WILL HELP
YOU DO IT.”**

**CHRIS GULLIFORD,
QUIT AFTER 15 YEARS OF SMOKING**

REGISTER TODAY
FOR A 10-WEEK COACH-LED
TRAINING PROGRAM
AT [RUNTOQUIT.COM](http://runtoquit.com) WITH
THE SPECIAL DISCOUNT CODE:

WRTQ18

Valid for a free registration for an in-store (\$69.99) or virtual (\$49.99) program for spring 2018 only.
Space is limited, sign up today.

For full terms and conditions, visit runtoquit.com.

[Walk or Run to Quit](#) is a quit smoking program proven to help smokers quit and get more active. Over the course of 10-weeks, training program participants get coach-led, step by step instructions to learn how to build their stamina to walk or run 5 k while also cutting down or quitting smoking. Walking and running makes quitting smoking easier by taking the edge off cravings and giving you a positive outlet for stress.

Check out this [video](#) to hear what participants say about the program.

Resolution reboot! Get back on track with your quit smoking and fitness goals by joining *Walk or Run to Quit*. Coach-led training programs starting as early as July 23.

- **Virtual** self-directed, web-based instruction. Starts **August 13**.
- **In-store** groups for Ontario, Alberta & Saskatchewan locations. Start **dates vary**.

[Register today](#) for the program option that suits you best.

SPECIAL OFFER: Use coupon code **WRTQ18** during on-line registration and the usual training fee is waived. You pay \$ 0.00! *Limited time offer.*

Quit & Win! Quit smoking by October 30 and you could win an iPad Pro.

Contest closes September 30. Full [contest details](#) on runtoquit.com

Learn more at runtoquit.com

Better Together! Ask a friend to join with you as your Quit Buddy. Quit Buddies can be smokers or non-smokers & are also eligible for a draw prizes.

Need more info? Contact us by phone: 1-800-268-8874 ext. 5629 or email: runtoquit@cancer.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

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