

Look Who **QUIT!**



**“Just don’t give up!
And any amount of time
that you do succeed **is still**
**a success even if you go
back to smoking.”****



Jessica Falconi-Rossouw Yellowknife

SMOKE-FREE SINCE 2020

To see Jessica’s full story visit www.gov.nt.ca/LookWhoQuit

**Need help quitting?
Call 811 or visit
www.gov.nt.ca/tobacco**



Look Who QUIT!



“I never stopped trying and tried everything. I feel so thankful to NOT be smoking anymore. I feel good and healthy!”



Rose Ann Snow Inuvik/Aklavik

SMOKE-FREE SINCE 2011

To see Rose Ann’s full story visit www.gov.nt.ca/LookWhoQuit

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Look Who QUIT!



“12 years of smoking would have cost me \$95,040. That is a lot of money to spend on cigarettes and then it kills you... You will save a lot of money that can be used for better purposes. Think about that and do what I did: **quit cold-turkey.”**



William Koe Fort McPherson

SMOKE-FREE SINCE 2010

To see William's full story visit www.gov.nt.ca/LookWhoQuit

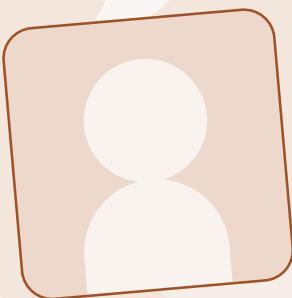
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Look Who QUIT!



“Don’t give up! Once you know you want to quit just keep thinking positive, **keep telling yourself you need to do what’s best for your health!**”



Jennifer Konisenta Nahanni Butte

SMOKE-FREE SINCE 2010

To see Jennifer’s full story visit www.gov.nt.ca/LookWhoQuit



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Look Who QUIT!



**“Remember the rule of threes:
three days and you’re past the very
worst; three weeks and you’re nearly
there; three months and you can start
feeling that you’re succeeding; three
years and you can start bragging.”**



Steve Lacey Yellowknife

To see Steve’s full story visit www.gov.nt.ca/LookWhoQuit

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Look Who QUIT!



“First of all, **quit for yourself**,
you will quit when you are ready.
Don’t get discouraged if you
tried to quit and didn’t succeed,
keep trying, don’t give up.”



Jenny Wasylkoski Yellowknife

SMOKE-FREE SINCE 2020

To see Jenny’s full story visit www.gov.nt.ca/LookWhoQuit

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