

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 the *NWT Help Line* at
1-800-661-0844 for support 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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