



## Ready to quit smoking?

### LifeWorks' Online Stop Smoking Centre Can Help

Smoking is the leading cause of preventable illness, disability, and death in Canada, and more people die from lung cancer than colon, breast, and prostate cancer combined. The good news is that it's never too late to quit, and it's never too late to start reaping the health benefits associated with quitting!

If you're ready to try quitting tobacco, call **LifeWorks** any time, 24/7, to speak with a professional consultant for tips, tools, and resources.

You can also log in any time to [login.lifeworks.com](http://login.lifeworks.com) to access our [Stop Smoking Centre](#), an innovative, personalized program developed by leading addiction specialists. The Centre:

- approaches the process of quitting smoking as a journey -- one with various stages and levels of motivation
- addresses both physiological and behavioural concerns related to quitting
- is accessible online, 24/7
- is moderated by health care professionals who are available to respond to your questions regarding behaviour modification, nicotine replacement therapy, and relapse prevention
- includes online support groups and quit buddies, a nicotine dependency test, downloadable workbook, quit metre, and so much more.

When you're ready to quit tobacco, **LifeWorks** is here!

**Call LifeWorks, toll-free, 24/7: 1.888.307.0590**

**TTY: 1.877.371.9978**

You can also visit [login.lifeworks.com](http://login.lifeworks.com)  
(user id: bcferris; password: healthy).

Log in to [login.lifeworks.com](http://login.lifeworks.com)  
any time to access related  
articles, including:

- [Tips for Quitting Smoking](#)
- [Setting SMART Goals for Health](#)
- [Tips on Boosting Willpower and Self-Control](#)
- [How to Manage Cravings When Recovering from Addiction](#)

**LifeWorks**