

TOBACCO FREE RESOURCES

Listed below are resources for those who wish to reduce their use of tobacco products:-

- [Annapolis Valley Health](#)
- [NS Department of Health](#)
- [Health Canada's E-Quit website](#)
- [Sick of Smoke](#)
- [The Stop Smoking Centre](#)
- [Why Quit?](#)
- [World Health Organization \(WHO\)](#)
- [Canadian Cancer Society – Nova Scotia Division](#) 1-902-423-6183
- Canadian Cancer Society Smoker's Helpline 1-877-513-5333