



Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: May 23 2016

Content provided by: Alberta Health Services – Addiction and Mental Health

Quitting tobacco with AlbertaQuits.ca

People use tobacco for different reasons, and there is no shortage of good reasons to quit. Longevity, quality of life, the sheer cost of cigarettes or chewing tobacco, the impact smoking has on your friends and loved ones: these are all major factors that may motivate you to quit.

For all these motivations though, quitting can still be a difficult process. The nicotine in tobacco is an extremely addictive substance and when you stop using tobacco, your body reacts to the lack of nicotine in your system. The good news is you don't have to go through it alone. There are supports available, including the AlbertaQuits website, albertaquits.ca.

All Albertans seeking tobacco reduction or cessation support are encouraged to visit the website and register for the full scope of services, completely free of charge. With the convenience of being able to access AlbertaQuits.ca online from the comfort of your home at any time of day, you can access a variety of resources and online tools to help you quit.

The website, which has been redesigned to make it easier to navigate, is now more accessible on mobile devices than ever before, enabling you to access information, support and get encouragement on the go. If you register for the full scope of services, which are available free of charge, the site also features a newly redesigned Quit Plan, which has been updated based on feedback from users. With this tool, you can create a customized Quit Plan, tailored to your individual needs, that will guide you every step of the way towards becoming tobacco-free. Even if you aren't ready to set a quit date just yet, the quit plan and resources from albertaquits.ca can help.

For more information on supports available to help you quit, visit www.AlbertaQuits.ca or call 1-866-710-QUIT.