

This Is Your Big Break



**Quitting smoking can be hard.
Make it easier with *Walk or Run to Quit*.**

Prairie Mountain Health and Prairie West Recreation are partnering with the Canadian Cancer Society to offer this program in Virden at no cost!

[Walk or Run to Quit](#) helps people quit smoking by learning how to walk or run 5 km! Over the course of 10-weeks, you get coach-led, step by step instructions to build up your stamina while learning how to cut down or quit smoking.

Quit & Win! Quit smoking by October 30 and you could win an iPad Pro.
Full [contest details](#) on runtoquit.com

How it works?

Walking and running makes quitting smoking easier by taking the edge off cravings and giving you a positive outlet for stress. Being with others in group training helps you succeed and stick to your goals. Coach-led, 10-week training programs start in September.

- **Program Location: Tundra Oil and Gas Place**
- **When: Tuesdays at 5:30pm**
- **Start Date: September 18th**
- **How:** Contact PMH Health Promotion Coordinator, Tara Smith at 204-328-6215 or tsmith@pmh-mb.ca for information and FREE registration code by **September 10th**!

“If you want to quit smoking, this program will help you do it!”

Register at runtoquit.com

Family, friends or “quit buddies” may also sign up and attend as a support person.



Public Health
Agency of Canada

Agence de la santé
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This program has been made possible in part through funding from the Public Health Agency of Canada.