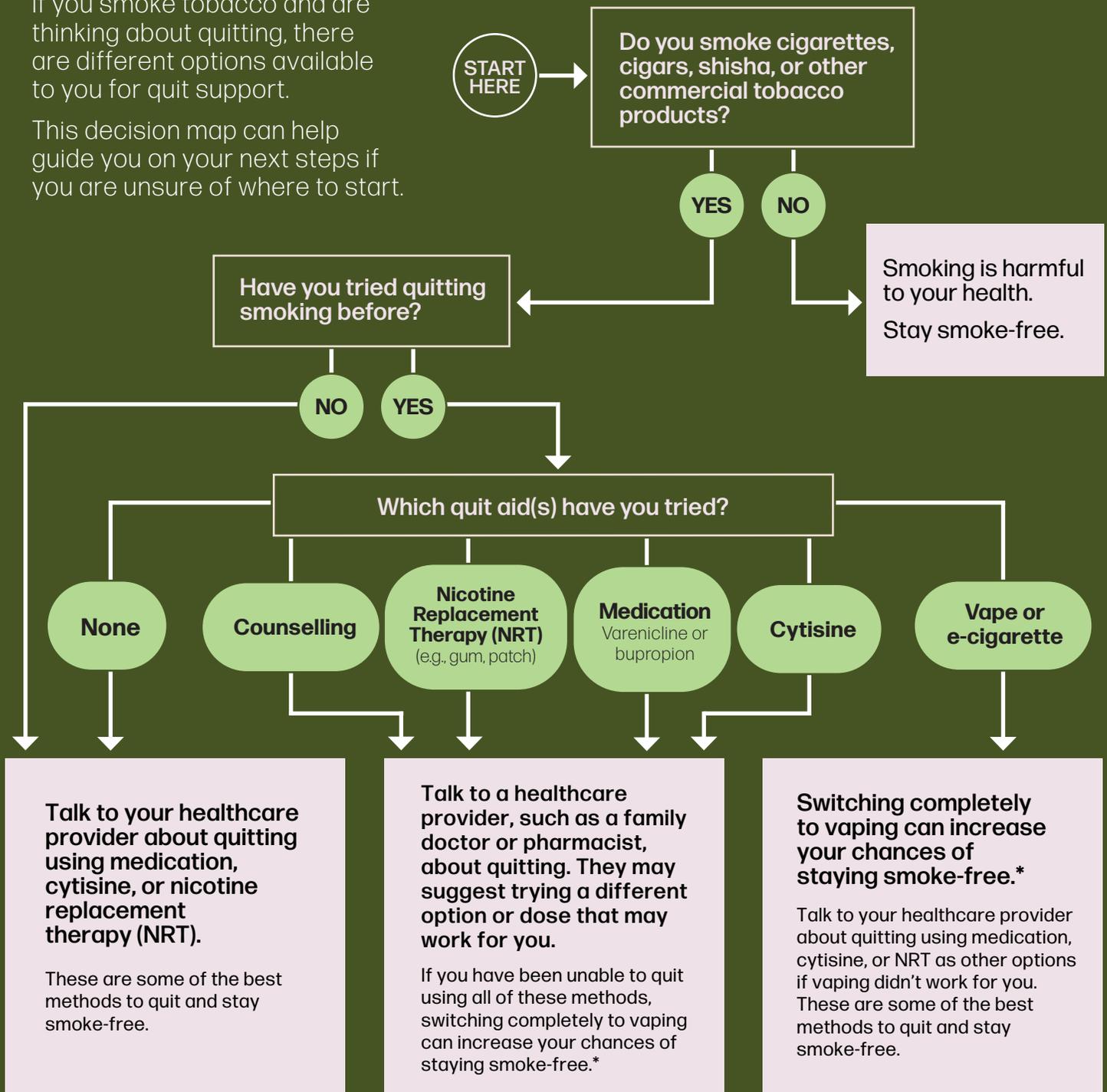


# Pathways to a Smoke-Free Life

If you smoke tobacco and are thinking about quitting, there are different options available to you for quit support.

This decision map can help guide you on your next steps if you are unsure of where to start.



**If you use e-cigarettes to help you quit, avoid long-term use to:**

- 1 Avoid dependence
- 2 Reduce exposure to harmful and toxic chemicals
- 3 Improve your heart and lung health

Learn more at [intrepidlab.ca](http://intrepidlab.ca)



*\*Speak to a healthcare provider before using vaping as a quit aid if you are pregnant, breastfeeding/chestfeeding, have a history of cardiovascular complications or if you are using other substances (for example, cannabis or alcohol).*