

TAKE THE 7-DAY
CHALLENGE!
REDUCE OR QUIT
SMOKING/VAPING FOR 7-DAYS
FOR YOUR CHANCE TO WIN
1ST WALKING PAD 2ND FITBIT
WATCH 3RD 100\$ GIFT CARD
BEGINS JAN 18-24 DURING 2026 NATIONAL
NON-SMOKING WEEK



Call or text Farrah for more information and to sign up at
306-490-7370 (contest conditions apply)

