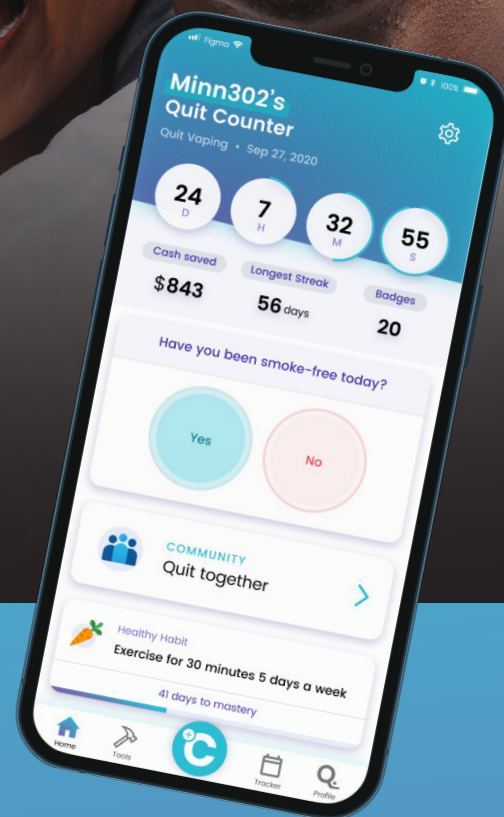


Quash.

Powered by
LUNG HEALTH FOUNDATION

Support youth to quit smoking or vaping by becoming a part of Quash



Designed with funding from Health Canada and the leadership of health experts and passionate youth, Quash is a free smoking and vaping cessation program from the Lung Health Foundation

It helps support youth through



Evidence-based **mobile quit app**



Resource-rich website (**quashapp.com**)



Comprehensive facilitator **training** that empowers caring allies to coach youth who want to quit

Once Quash-certified, you can



Use the Quash facilitator guides to deliver in-person programs



Register as an ally within the Quash app to access Community features



Join Quash's Community of Practice on TimedRight – the online hub for smoking & vaping cessation allies



Available on the
App Store



GET IT ON
Google Play



**Ready to bring Quash into your
community, clinic, or classroom?**

Start your FREE certificate training
at **quashapp.com/adult-allies**