

# Free apps to help you **STOP VAPING** your way

## With Friends

## On Your Own

**#STOP VAPING**  
Challenge

STOP VAPING CHALLENGE APP



APPLE STORE



GOOGLE PLAY

**Quash.**

Powered by  
LUNG HEALTH FOUNDATION



APPLE STORE



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**NotAnExperiment.ca**

# Quit on your own **Quash.**

**“You want to do this on your own?  
Maybe Quash is for you.”**

- **A free app to help you quit smoking, vaping or both.**

# Quit with friends **#STOPVAPING** Challenge

**“You got in this together and want  
to get out of this together?  
Try the Stop Vaping Challenge.”**

- **An app that helps youth quit for as long as they can in a fun, social way with friends.**