

## Background Information

### Tobacco Addiction



**It can be difficult to quit a tobacco addiction. You do not have to quit alone. If you use tobacco...get help and quit today!**

### Addiction

"[...] an unhealthy relationship between a person and a mood or mind-altering substance, experience, event or activity, which contributes to life problems and their recurrence."

- Addictions Foundation of Manitoba

To make an educated choice on how to lead a tobacco-free life, please refer to The Lung Association's website at [www.gotlungs.ca](http://www.gotlungs.ca)

For more information on addiction, see the following link:  
<http://www.afm.mb.ca/pdf/BPS-FINAL.pdf>