



Mocc Walk 2022

GET ACTIVE · GET FIT · HAVE FUN



Name: _____

REMINDER: To be entered into the Mocc Walk draw, submit your entries by June 30, 2022 at: www.onwa.ca/mocccwalk

SMOKING CESSATION JOURNAL CHALLENGE

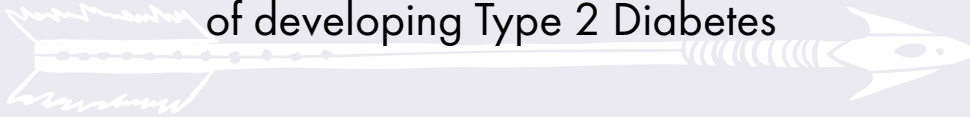
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Week 1: **MAY 1 – MAY 7**

Honour your body, consider starting your smoking reduction or cessation journey today.

People who smoke have a 30-40% chance of developing Type 2 Diabetes



Source: <https://www.cdc.gov/diabetes/library/features/smoking-and-diabetes.html>



Week 2: **MAY 8 – MAY 14**

Stress can be a smoking trigger. Follow the medicine wheel to find a way to reduce your stress.



Week 3: **MAY 15 – MAY 21**

Keep Tobacco sacred.



Week 4: **MAY 22 – MAY 28**



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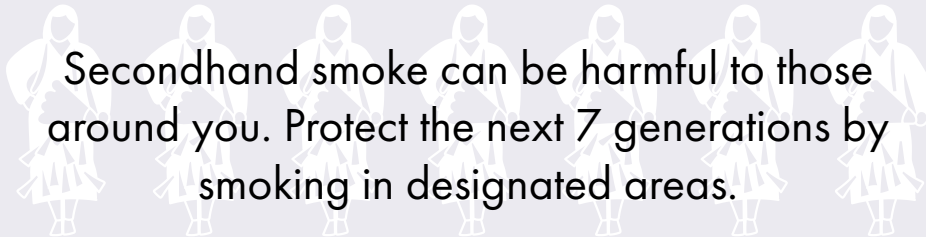
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Week 5: **MAY 29 – JUNE 4**

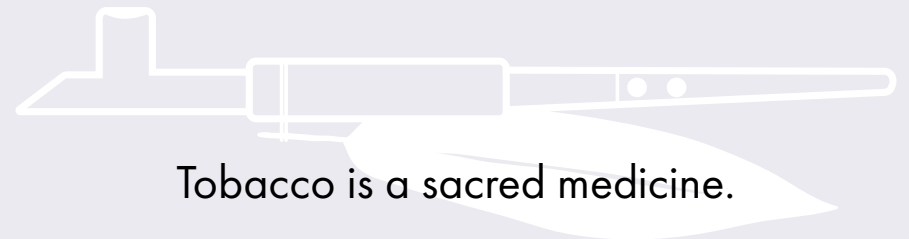
Smoking reduction or cessation will cause your body to start healing almost right away.



Secondhand smoke can be harmful to those around you. Protect the next 7 generations by smoking in designated areas.



Week 6: **JUNE 5 – JUNE 11**



Tobacco is a sacred medicine.



Week 7: **JUNE 12 – JUNE 18**

Find a smoking reduction or cessation plan that works for you.



Week 8: **JUNE 19– JUNE 25**
