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## Expander overview

The expander module is an extremely powerful all-in-one tool that helps you present your information in the best light. Reduce pages while increasing interactivity, visual appeal and mobile friendliness.

Expanders have a variety of functionality:

- Categorize to readily group information
- Callout (no additional content, just nicely formatted text)
- Content (more text is revealed on click)
- File (add / remove files, file type and size are automatically added)
- Links (readily link to other areas of your site or to external sites)
- Video (show videos inline with your content)



### Check me out!

I am totally self-contained. I'm not in a category; I'm not linking to any additional text, or file, or site or video. Just good old fashioned formatted text.

### Content articles

All the information you are looking for in one place. The chunky buttons are great on mobile too.



### Downloadable resources

A category to contain resources you might want to download.

### Useful websites


A list of some of our favourite websites that offer additional information.

### Video footage

Expand this category to see what videos are available.

### Mixed bag

Just because we CAN separate types of resources doesn't mean we should.





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#### Meet Karen from Langley

"I tried everything: the patch, quit meds, cutting back, cold turkey. The truth is I loved smoking...quitting is the hardest thing I've ever done...but I want to make sure I'm here to see my daughter get married."




#### Meet Amanda from Delta

"I'm a work in progress. I've been quitting for the last five years - no lie! The toughest part is when I'm out socializing with friends and enjoying a drink. I can't separate the two completely yet...but I'm getting there!"

**"I started smoking when I was 12. We'd just moved to BC from Winnipeg and I didn't know anyone," said Amanda. "My mom had to work, so while she was at the office, I'd smoke her cigarettes. Before you know it I was hooked."**


Like many who have smoked for a long time, Amanda still battles cravings and occasionally slips, but she doesn't intend to give up trying. "The truth is I'm a work in progress. I've been quitting for the last five years - no lie! The toughest part is when I'm out socializing, partying with friends and enjoying a drink. I can't separate the two completely yet - drinking and smoking - but I'm getting there."


According to quit experts, it's perfectly normal to try quitting multiple times before successfully quitting for good, and for some, including Amanda, what can help is cutting back gradually. "There were times I used smoke a lot, probably a pack a day. What worked for me was weaning cigarettes out over time. Before I quit, I was down to a point where a pack of smokes would last me a week."



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### QuitNow Promotional Rack Card [PDF] - 3959KB

Two-sided rack card about the services offered by QuitNow



### QuitNow Business Card [PDF] - 45KB

Two-sided business card with information on how to access QuitNow services.



### Smart Steps Booklet - General Adult [PDF] - 887KB

An introductory guide to start you on the path to quitting.



## Useful websites

A list of some of our favourite websites that offer additional information.

## Content articles

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## Video footage

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### Common questions about nicotine replacement therapy

Dr. Debbie Thompson addresses questions and concerns of client seeking information on Nicotine Replacement Therapies, including nicotine patch, lozenge, gum & inhaler.



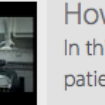
Pharmacist/Client Discussion on NRT






Mixed bag

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
### How to use the QuitNow Referral Program

In this video Tricia Hughes, Dental Hygiene Educator, discusses how to talk to patients about tobacco use and how easy it is to refer them to QuitNow Services.




### QuitNow Brochure - for SENIORS [PDF] - 542KB

It's never too late to quit.



### Text Support

Quit smoking help at your fingertips. Our text service is available anytime, anywhere. Text QUITNOW to 654321 - It's that simple!



### Amira Health

Amira Health is a smoking cessation software platform providing 24/7 access to all the research, resources, tools and services needed to help someone quit smoking and live a tobacco-free life.