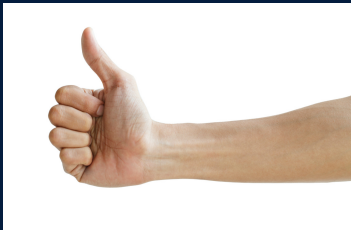


Supporting you to **Stop Smoking**



Why Stop Smoking?

One in every two long term smokers **will die** from a smoking related illness. The more you smoke... and longer you wait to quit... **the worse the risk.**

Do you know what kinds of illnesses smoking can cause?

- 🚫 16 different cancers
- 🚫 Chronic obstructive pulmonary disease (COPD)
- 🚫 Stroke & heart disease
- 🚫 Dementia
- 🚫 Diabetes

We can support you to stop

You are four times more likely to quit with help from a trained advisor; it's easier than going it alone.

Our service offers tailor-made support at a variety of local community venues at times which work flexibly around you.

How do we do it?

Our specially trained Stop Smoking Advisors will work with you through a 12 week stop smoking programme.

You and your Advisor will discuss a variety of products and support that can help you quit smoking.

With face to face support, you're more likely to quit and we will support you every step of the way.

Nicotine replacement

The programme includes a **12 week** free prescription for **Nicotine Replacement Therapy (NRT)** products such as inhalators, patches, spray or lozenges.



Contact Us

If you would like support to stop smoking, contact a member of the team at Wellbeing for Life and **start stopping now**.



www.yourwellbeingservices.uk



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