

STOP SMOKING. IT'S BETTER FOR YOU AND YOUR FAMILY.



COMMIT TO
QUIT
STOP SMOKING FOR
28 DAYS
& YOU'RE 5 X MORE LIKELY TO
QUIT FOR GOOD

Scan the QR code for a range of **FREE** tools and support

Let's start stopping **TOGETHER**

Let's Keep Bolton
Moving > > >

Bolton
Council

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Bolton

For more info visit: www.letskeepboltonmoving.co.uk/smoking



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STOP FOR YOU. STOP FOR YOUR CHILDREN.

Feel
Healthier

Save
Money

Live
Longer

Let's start stopping together

Protect your loved ones from second-hand smoke by making your home smokefree. If you're looking to quit smoking, there's no need to go it alone — Smokefree Bolton is here to offer you a range of free tools and support to help you succeed.

Quit smoking facts:

Exposing children to smoking makes it more likely that they will take up smoking.

Tobacco smoke contains over 4,000 chemicals and can linger in a room for up to two and a half hours, even with a window open.

Children in households with smokers are more likely to develop asthma and chest infections.

Your Quit – Your Way

Local 12-week stop smoking programmes by phone, online or in person.

FREE nicotine replacement therapies and vapes (service dependent)

Pharmacy Support.

Digital Apps.

Bolton NHS support for pregnant women and smokers admitted to hospital.

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