

STOP SMOKING. START LIVING.



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

NHS
Bolton

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



WOULD YOU LIKE TO STOP SMOKING?

Feel
Healthier

Save
Money

Live
Longer

Let's start stopping together.

We're here for you. There's no need to go it alone — Smokefree Bolton can offer you a range of free tools and support to help you quit smoking for good.

Quit smoking facts:

Almost half of smokers say they want to quit.

You are 3 x more likely to quit smoking for good with expert support.

Quitting smoking is one of the best things you can do for your health, no matter your age or how long you've smoked.

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.

Scan the QR code for **FREE tools and support**

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