

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



COMMIT TO  
**QUIT**  
STOP SMOKING FOR  
**28 DAYS**  
& YOU'RE 5X 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](http://www.letskeepboltonmoving.co.uk/smoking)

