

# Would you like some help to stop smoking?

People using our **FREE Stop Smoking Service** are up to **3 times more likely to quit!**

When you quit with us we can offer:

- One-to-one support with a trained stop smoking advisor
- 12 week personal quit plan designed with you, to work for you
- **FREE 12 week vape kits**  
(Free for everyone, even if you usually pay for prescriptions)
- **Nicotine Replacement Therapy (NRT) to help beat cravings**  
(Prescription charges may apply)

Your appointments can be face to face or over the phone - whatever works best for you!



Even if you've tried to quit before, this time...

**You CAN quit! We CAN help!**

**SUCCESSFULLY QUIT WITH US!**



Mohammed Azad Shaffet from Manningham, Bradford:

*"I quit for my health and my children. Now I feel better physically and mentally and I'm sleeping really well too"*

**SUCCESSFULLY QUIT WITH US!**



Shafiq Ahmed from Keighley:

*"I quit to better my life and live longer. I'm feeling good, I don't get out of breath now and I've got more money in my pocket"*

[mylivingwell.co.uk](https://mylivingwell.co.uk)

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