**Living Well A pink text with rays of light

Description automatically generatedSocial Media Planner: No Smoking Day - 12 March 2025**

A social media planner for No Smoking Day and throughout the month of March

**Please tag @MyLivingWell1**

**All graphics available to download from:** [**https://mylivingwell.co.uk/resources/toolkits/**](https://mylivingwell.co.uk/resources/toolkits/)

If you have any issues or enquiries or need the graphics to be sent via WeTransfer please contact: [communications@mylivingwell.co.uk](mailto:communications@mylivingwell.co.uk)

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| **Channel** | **Message** | **Image** |
| **X (Twitter)** | 📢 12 March is No Smoking Day!  You CAN quit! We CAN help!  NRT/Vape Kits/1:1 Support & More!  🚭 You’re 3x more likely to quit with the help of our FREE Stop Smoking Service  <https://mylivingwell.co.uk/smoking/support-to-quit/>  📞 01274 437700  #NSD25 @MyLivingWell1 | No Smoking Day Animation 2025 landscape (mp4) |
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| **Alt Text** | No Smoking Day: 12 March 2025. People using Living Well Stop Smoking Services are up to 3 times more likely to quit for good. FREE 12 week vape kits! Prescribed NRT medications. One-to-one support with an expert advisor. Appointments face to face or by phone. Visit the website or call today 01274 437700 [www.mylivingwell.co.uk/smoking](http://www.mylivingwell.co.uk/smoking) | |
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