**This Time… You CAN quit and Living Well CAN help!**

Thinking of quitting smoking? Even if you’ve tried before, this time you really can quit for good! Quitting is the best thing you can do for your health (and your wallet!) and Living Well is available to help you every step of the way.

**With the free Living Well Stop Smoking Service you’ll get:**

* Flexible phone or face‑to‑face appointments
* A personalised quit plan
* NRT, prescribed medications
* Free 12‑week vaping kits
* Expert advice to keep you on track

You’re three times more likely to quit with the right support than going it alone.

**Health benefits start fast:**

* After 20 mins: Your pulse begins to return to normal
* After 48 hrs: Carbon monoxide leaves your body, taste & smell improve
* After 1 year: Risk of heart attack falls to half that of a smoker.

With No Smoking Day on 11 March 2026, now’s the perfect time to set your quit date.

**Ready to quit?**

📞 01274 437700  
🌐 mylivingwell.co.uk/smoking

**Meet the Living Well Team**

📍 Airedale Shopping Centre, Keighley: Wed 25 Feb, 11.30am–4pm  
📍 The Broadway, Bradford: Fri 27 Feb, 11.30am–4pm