**This Time… You CAN Quit and Living Well CAN Help!**

Even if you’ve tried to quit smoking before, this time you really can quit and the Living Well Stop Smoking Service is available to help you every step of the way.

Most smokers know that smoking is harmful, but many don’t realise that quitting is the single best thing you can do to improve your health. And it’s not just your health that benefits, your finances will get a boost too! With the rising cost of living, can you afford not to quit?

**Why Trying Again Matters**

Many smokers want to quit, and most have tried before, but previous attempts aren’t failures they’re stepping stones. Each time you try to quit, you learn what works and what doesn’t. That means you’re already closer to success than you think.

Quitting is not easy but with the right support, you CAN do it!

**How Living Well Helps You Quit for Good**

When you sign up to the free [**Living Well Stop Smoking Service**](https://mylivingwell.co.uk/smoking/) you can have flexible appointments, either face‑to‑face or over the phone. Your dedicated advisor will work with you to create a quit plan tailored specifically to you.

You’ll also get access to:

* A range of nicotine replacement therapy (NRT) options
* Prescribed medications
* Free 12‑week vaping kits
* Ongoing support and motivation from a trained expert

Your advisor will be with you throughout your journey, helping you manage cravings and stay on track.

**Why Quitting Matters**

Smoking remains the leading preventable cause of death in the UK. It is estimated that smoking accounts for:

* 35% of all deaths from respiratory diseases
* 25% of all cancer deaths

Quitting reduces your risk of, heart attack, stroke, coronary heart disease and cancer.

Everybody has their own personal reasons for wanting to stop smoking. Some people give up as part of a lifestyle change to be healthier, to get fit or to save money. For others, it’s about how their smoking affects the people around them their family, friends and children.

With national No Smoking Day around the corner (11 March 2026), now is a great time to set a date to quit, and stick to it!

**The Health Benefits Start Fast**

The moment you stop smoking, your body begins to repair itself:

* After 20 minutes: Your pulse rate starts returning to normal
* After 48 hours: All carbon monoxide is flushed out of your body; your sense of taste and smell improve
* After 1 year: Your risk of heart attack drops to half that of a smoker

Having the right support makes all the difference. With Living Well’s free stop smoking service, you are three times more likely to quit successfully than if you try on your own.

**Ready to Become a Non‑Smoker?**

Contact the Living Well Stop Smoking Service:  
📞 01274 437700  
🌐 mylivingwell.co.uk/smoking

**Come and Meet the Team**

Find out more about all the free services Living Well offers, come along and say hello!

📍 Airedale Shopping Centre, Keighley  
Wednesday 25 February, 11.30am–4pm

📍 The Broadway, Bradford  
Friday 27 February, 11.30am–4pm