

STOP SMOKING. START TO IMPROVE YOUR MENTAL HEALTH.



COMMIT TO
QUIT
STOP SMOKING FOR
28 DAYS
& YOU'RE 5 X 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

