

**Better  
Health**

**Let's  
do this**

**NHS**

# Quitting smoking

is one of the  
best things you  
will ever do for  
your health



**Talk to a member of our  
pharmacy team today for help  
and support to quit smoking.**

**[nhs.uk/better-health/quit-smoking](https://nhs.uk/better-health/quit-smoking)**