

STOP  
SMOKING

LONDON

NHS

# Time to quit

Want to quit smoking?  
Get help today.

For personalised, confidential support  
call **0300 123 1044** or visit  
**[www.stopsmokinglondon.com](http://www.stopsmokinglondon.com)**

**STOP  
SMOKING**

**LONDON**



# Time to quit

**Want to quit smoking?  
Get help today.**

For personalised, confidential support  
call **0300 123 1044** or visit  
[www.stopsmokinglondon.com](http://www.stopsmokinglondon.com)

