

HOW WILL YOU QUIT THIS STOPTOBER?

There's lots of support available,
so **talk to your local Stop
Smoking Service.**

0800 0820 388

Quit@SmokefreeLewisham.co.uk

www.SmokefreeLewisham.co.uk

 /stoptober  @stoptober



STOP TOBER

BECAUSE THERE'S ONLY
ONE YOU