

**Better
Health**

Let's
do this

NHS

Quit Smoking



**Healthier lungs
are my big
reason to quit**

**A BETTER
MEDWAY**
Easier ways to be healthy

For free support to quit smoking visit
[visit medway.gov.uk/stopsmoking](https://www.medway.gov.uk/stopsmoking)
or call 0800 234 6805

Medway
COUNCIL
Serving You