

QUIT SMOKING THIS STOPTOBER.



Everyone has their own reason for quitting, What's yours?

- Smokers are 5 times more likely to give up during smoking if they can make it to at least 28 days smokefree.
- Join the thousands of people who are stopping smoking this Stoptober.

Contact Quit Well Newham stop smoking service

Monday to Friday 8.30am–5.30pm

Group sessions **6–7pm** (by appointment only)

Call **0207 882 8230** or mobile **0747 408 2330**

wellnewham.org.uk/advice/stop-smoking

WE ARE NEWHAM.