

We can help you quit your way

Giving up smoking is not something you have to do on your own.

There's a free NHS stop smoking service available locally, called Quit Your Way, to help you succeed.

Call the Edinburgh office to discuss support options;

0131 286 5113

Stopping smoking is the best thing you can do to improve your health.



NHSLothianQuitYourWay

**QUIT
YOUR
WAY**
with our
support