

QUIT SMOKING



AND BREATHE

Smoking attacks our lungs and makes it harder to breathe. So now's the time to quit. And if you quit for 28 days, you're five times more likely to quit for good.

**For support to quit smoking
and to download our free app,
search Stoptober**

**Better
Health**

**LET'S
DO THIS**

If you live in Solihull, or have a Solihull GP, you can get FREE one-to-one specialist support to stop smoking. Speak to your GP or call the Solihull Lifestyle Service on 0800 599 9880 to start your quit journey today.