

**SLEEP BETTER
FEEL BETTER
BREATHE BETTER**

THESE ARE WORRYING TIMES, BUT IF YOU
THINK SMOKING HELPS, THINK AGAIN!
QUITTING CIGARETTES CAN IMPROVE
YOUR MOOD AND REDUCE STRESS.

NEED CONVINCED?
GIVE US A CALL
AND WE WILL TELL YOU HOW.

**QUIT
YOUR
WAY**
with our
support

NO SMOKING DAY 10 MARCH 2021

0800 025 3000

NHS FIFE