

SLEEP BETTER
FEEL BETTER
BREATHE BETTER

TAKE THE STRESS OUT OF QUITTING!
GET THE RIGHT SUPPORT
AND THE RIGHT MEDICATION.

BOTH ARE AVAILABLE
AT THE FIFE STOP SMOKING SERVICE.

QUIT
YOUR
WAY
with our
support

NO SMOKING DAY 10 MARCH 2021

0800 025 3000

NHS FIFE