

Start your Quit Journey on No Smoking Day!

We're here to help you every step of the way.

Stopping smoking for 28 days:

- Improves your chances to quit smoking by **5 times!**
- Considerably **improves your physical health**
- Helps you **breathe easier,** as your lungs clear and your heart recovers
- **Improves your sense of taste and smell**

Register free today for tailored 1-2-1 personalised support and start your journey to quit smoking for good!

Scan the QR code to register your details or visit
yourhealthbarnet.org/stop-smoking

Email us:
Smokingcessation@barnet.gov.uk

Speak to an experienced advisor at one of our events

Our next event will be at:

**THE OLD LIBRARY,
THE CONCOURSE,
GRAHAME PARK,
COLINDALE, NW9-5XA**

Tuesday - 10th March

10am-11.30am

Come along and get free vapes and Nicotine Therapies to help you quit smoking.

Advisors and nicotine replacements will be available to all visitors.