

Total Wellbeing

Luton

Stop Smoking

Do you need help to quit smoking?

If you stop smoking you may:

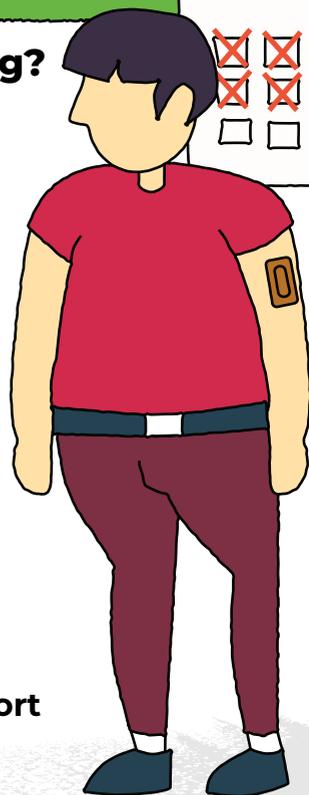
- Breathe more easily & cough less
- Improve your blood circulation
- Reduce stress
- Improve your sex life and fertility
- Have better skin and reduce wrinkles
- Improve your sense of smell and taste
- Get whiter teeth and fresher breath
- Live longer and reduce your risk of serious illness
- Protect friends, family and pets from smoking-related harm

Contact us now for FREE advice, support and stop smoking medication.

Tel 0300 555 4152

Web totalwellbeingluton.org

Email info@totalwellbeingluton.org



Supporting your physical and emotional health