

**QUIT
YOUR
WAY**
with our
support

Smoking helps
me cope with
stress

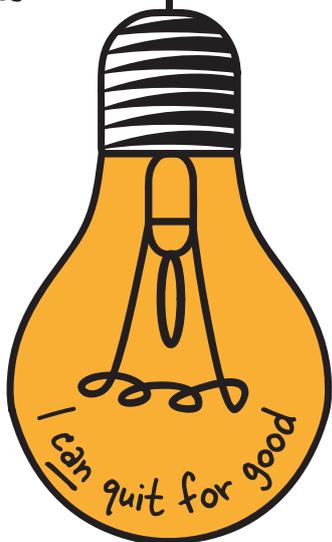
All my
friends
smoke

It's just too
hard to quit

NHS
Grampian

I have been a
smoker all my life

I have tried to quit
before and failed



Quit for Life!

Just ask your **local pharmacy team** today and begin your journey to being **smoke-free**

Here at your local community pharmacy, we provide patients with 12 weeks worth of **free** Nicotine Replacement Therapy (NRT) products alongside **one-to-one support** from our fully trained staff. We'll support you in using your NRTs effectively, answer your queries or concerns and offer encouragement throughout the process.

For more information on the benefits of quitting smoking to you, and those around you, visit...

[www.nhsinform.scot/healthy-living/
stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)



You can quit for life!

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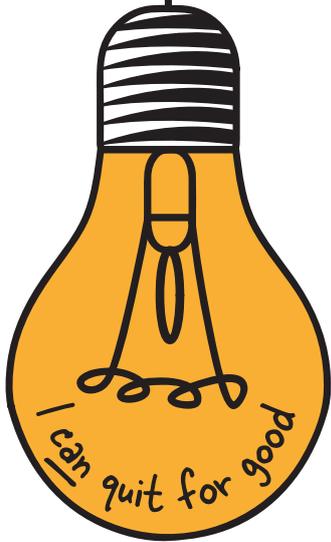
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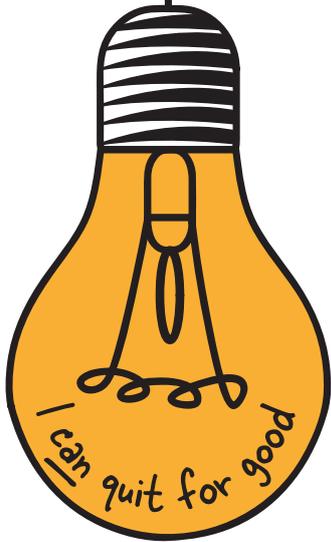
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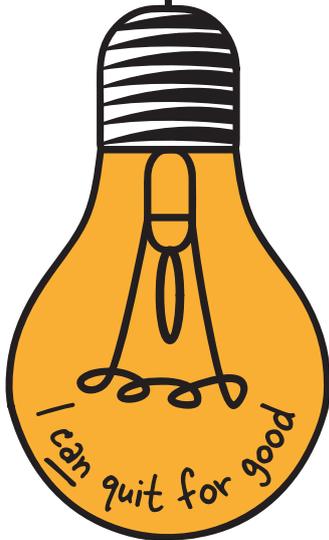
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