



# STOP SMOKING START LIVING

You're up to four times more likely to quit with NHS support than by going it alone.

Come and speak with our trained friendly adviser at the free clinics here at the BECC every Tuesday between 1:30 and 4:00pm.

The Hertfordshire Stop Smoking Service:

Call: **0800 389 3 998**

Text 'Quit' to: **07800 001 337**

Visit: **[www.smokefreehertfordshire.nhs.uk](http://www.smokefreehertfordshire.nhs.uk)**

