

**Total
Wellbeing**

Luton

Quit2021



Ramadan could be the perfect time for you to stop smoking.

During Ramadan, it's only the evenings you need to worry about and we can provide you with support and treatments to get you through.

Our FREE 12 week programme includes:

- Nicotine Replacement Therapy
- Electronic Cigarettes
- Stop Smoking Medication (Champix or Zyban)*
- Expert support and online groups for motivation

You're three times more likely to stop smoking with expert support and advice.

Let us support you to make Ramadan 2021 the year you quit smoking for good.

Call 0300 555 4152

Or text **Quit2021** to **60066**

*Free medication applies to those exempt from prescription charges.

Supporting your physical and emotional health