



**Take care of
your body,
it's the **only**
one you have.**

Speak to a Stop Smoking Practitioner
and start your smoke-free journey today.



Contact our **free** stop
smoking service to
find the best solution
for you to quit smoking
for good.

Scan the QR code or visit our website:

 www.smokefreesomerset.org.uk

 smokefree@somerset.gov.uk

 **01823 356222**



Somerset
Council

NHS
Somerset