

**QUIT  
YOUR  
WAY**  
with our  
support

Smoking helps  
me cope with  
stress

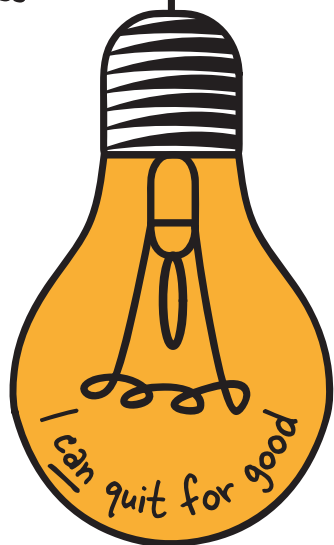
All my  
friends  
smoke

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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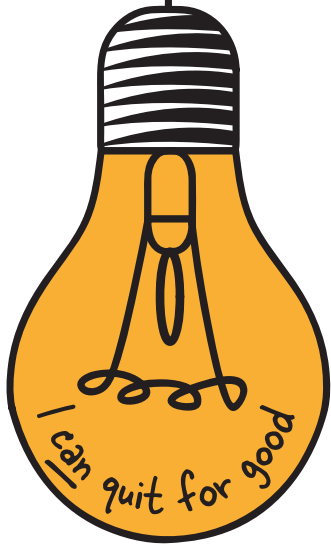
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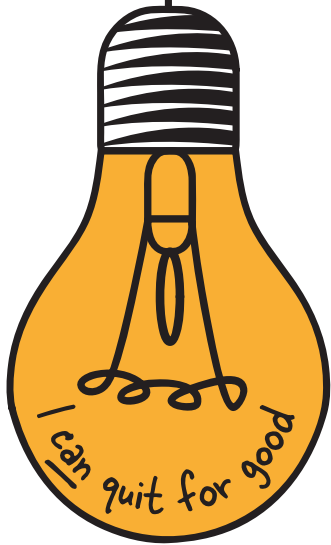
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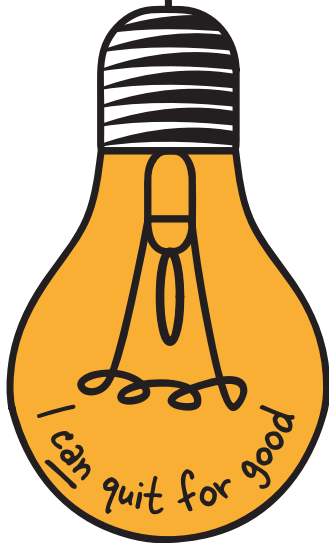
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