



Stoptober

SMOKEFREE
NORFOLK

Be part of the challenge

Stoptober is back. All over the country people will take the 28 day challenge to stop smoking during October. Last year over 160,000 people successfully quit smoking for Stoptober, thanks to the wide range of quitting support on offer.

Smokefree Norfolk is ready to help you meet the Stoptober challenge... get in touch and find out how we can help you.

Call 0800 0854 113 Text bfree and your name to 65000

Email smokefreenorfolk@nchc.nhs.uk

Or visit www.smokefreenorfolk.nhs.uk