

What's
Stoptober?

It's like
October
but without
cigarettes!



**Be part of the challenge. Starts 1st October.
Search Stoptober.**

Call **0800 0854 113** Text **bfree** and your name to **65000**

Email **smokefreenorfolk@nchc.nhs.uk**

Or visit **www.smokefreenorfolk.nhs.uk**

Get involved  /stoptober  @stoptober

Stoptober