

What's  
Stoptober?



**Norfolk** County Council

It's like  
October  
but without  
cigarettes!



# 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 250,000 people successfully quit smoking for Stoptober.

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

Or visit [www.smokefreenorfolk.nhs.uk](http://www.smokefreenorfolk.nhs.uk)

**Stoptober**

  
**SMOKEFREE**  
NORFOLK