

Make March your month to quit

You're up to **4 times more likely**
to quit with our help

Ask us about
the **free**
stop smoking service



If you would like information on
how to quit please contact:

12 Week Stop Smoking Support Group
Every Wednesday Night @8pm
Oak Healthy Living Centre

One to One Support also available
Contact 028 677 23843

www.stopsmokingni.info

The benefits of giving up smoking

Giving up smoking can provide both health and wealth benefits

Your savings

Based on your smoking habits, you could save:

1 day - £10.80

2 day - £21.60

2 weeks - £151.20

6 months - £1965.60

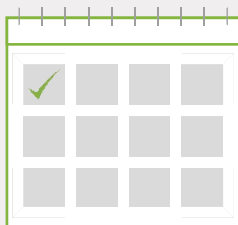
1 year - £3931.20

5 years - £19656.00

10 Years - £39312.00

15 years - £58968.00

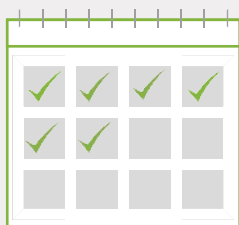
Look what a 20 a day smoker could save



1 month savings

£328

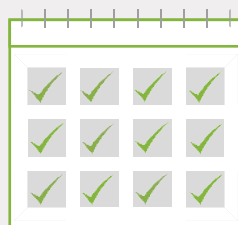
2 night spa hotel retreat in Northern Ireland for 1 or a 43" smart HDTV



6 months savings

£1965

2 night trip to Disneyland Paris for a family of 4 - including flights, hotel and park tickets!



12 months savings

£3931

Redesigned bathroom - a new bathroom supplied and fitted in the home