



Eight things that can make you stronger when quitting

The path to quitting smoking is different for everybody, but there are lots of places to get advice and support along your journey. Just keep trying till you find what works for you and if it helps, don't forget the four Ds: **DELAY UNTIL THE URGE PASSES, DRINK WATER, TAKE DEEP SLOW BREATHS OR SIMPLY DO SOMETHING ELSE!**

Partner:



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