



# QUIT YOUR WAY TODAY

Stopping smoking isn't easy but you're 4 times more likely to quit for good with support.

The Live Well Greenwich Stop Smoking service is here to help you quit your way, today.

To find local 1-1 support:

Call **0800 470 4831**

Text **QUIT** to **60060**

[www.livewellgreenwich.org.uk/stopsmoking](http://www.livewellgreenwich.org.uk/stopsmoking)

#quityourway

For support over the phone, call the Stop Smoking London Advice Line on 0300 123 1044. Open 9am to 8pm Mon-Fri and 11am to 4pm Sat-Sun.