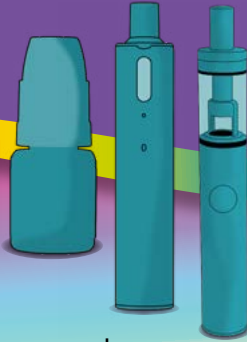


Swap to **STOP**

is in Cambridgeshire
and Peterborough



Quitting
smoking is one
of the best things
you can do for
your health

What we offer...

- 12 weeks of one-to-one support
- Help to manage cravings and withdrawal symptoms
- **FREE Vape Quit Kit** or other stop-smoking treatments
- Smoke Free App
- Delivered by specialist stop smoking practitioners
- In your area – **face-to-face or virtual support**

If you 18 and over and live in or are registered with a GP in Cambridgeshire or Peterborough, you are eligible for the Swap to Stop scheme.

For
smokers
18+ only

I want to quit... how do I sign up?

Text: **HEALTHYU** to **60777**

Call: **0333 005 0093**

Email: **healthyyou@healthyyou.org.uk**

Visit: **www.healthyyou.org.uk**

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Healthy You