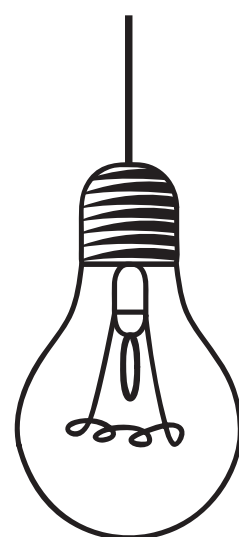
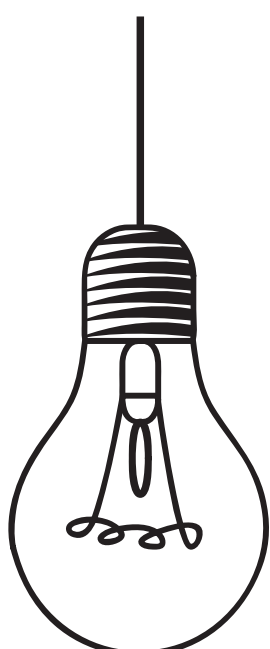


**QUIT
YOUR
WAY**
with our
support

NHS
Grampian

It's just
too hard
to quit

All my
friends
smoke



I have been
a smoker all
my life

Smoking helps
me cope with
stress



I have tried to
quit before and
failed

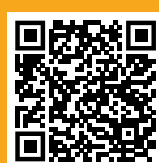
Quit for Life!

Just ask your **local pharmacy team** today
and begin your journey to being **smoke-free**

- 12 weeks worth of free Nicotine Replacement Therapy (NRT).
- One-to-one support and encouragement from our fully trained staff.
- For more information on the benefits of quitting smoking visit...

**[www.nhsinform.scot/healthy-living/
stopping-smoking](http://www.nhsinform.scot/healthy-living/stopping-smoking)**

You can quit for life!

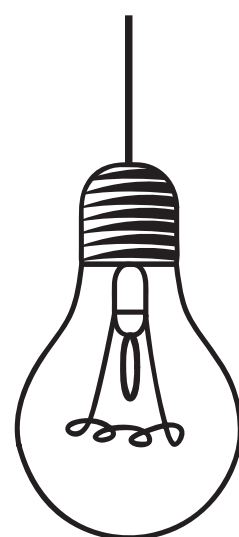
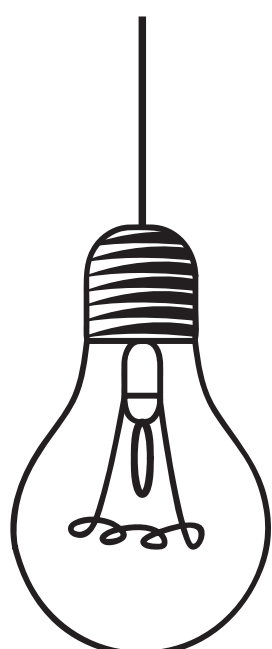


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