

STOP SMOKING START LIVING

IN 1 WEEK

Your sense of taste and smell improves

IN 3 MONTHS

Your lung function begins to improve

IN 8 HOURS

Excess carbon monoxide is out of your blood

IN 1 YEAR

A pack a day smoker will save £2,873

IN 1 MONTH

Skin appearance is likely to improve

IN 5 DAYS

Most nicotine is out of your body

IN 12 MONTHS

Your risk of heart disease has halved

TODAY

Increase your fertility and chances of having a family.



Whether this is your 1st, 2nd, 3rd or 10th attempt to stop smoking, your local pharmacy can support you to quit.

To find your local participating pharmacy visit www.quit.wales



Join the Facebook community at www.facebook.com/quitforthem



EXCLUSIVE!

FREE PRODUCTS TO HELP YOU QUIT SMOKING



Simply take this voucher to your nearest participating pharmacy to claim FREE non-judgmental support and products worth over £100 to help you quit smoking today!

Terms and conditions apply



www.quit.wales