

Will you choose to quit?



This is what it might mean.

Cigarettes a day	Cost over a year	You could buy
5	= £548	
10	= £1,095	
20	= £2,190	
40	= £4,380	

Want some help to quit?

The No Smoking Day website www.nosmokingday.org.uk

We Quit – support for people quitting www.wequit.co.uk

Stop Smoking Wales www.stopsmokingwales.com

Contact the Smoking Cessation Service:

Helen Poole UHW ext. 3582 and

Sonja Edwards Llandough ext. 5420



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board