

**STOP
SMOKING
LONDON**

**MAKE TODAY YOUR
NO SMOKING DAY**

Smokefree City & Hackney is the local stop smoking service for adults (18+ years) who live, work, study or have a GP in Hackney or in the City of London.

We offer 12 weeks of support to help you quit, with your own dedicated stop smoking advisor and easy access to stop smoking medication.

You can choose to be supported over the phone or in person.

Call **0800 046 9946** or visit **smokefreecityandhackney.org**

