

Warwickshire Stop Smoking Service 
*make a
fresh Start* **No Smoking Day 2007 – 14th March**



The theme for this year's campaign is "Make a fresh start" and smokers are invited to set 14th March as their quit date and prepare to take the best step they can to improve their health. On 1st July 2007, England will be going smoke free in all indoor public places and workplaces and No Smoking Day is the best opportunity yet to join over a million others in trying to quit before the big day in the summer.

Warwickshire Stop Smoking Service operates through doctor's surgeries, pharmacists and drop in clinics in the county, providing regular support appointments over the first few weeks of quitting, along with a prescription for nicotine replacement therapy (patches, gum, etc). The service is free and smokers who use it are four times more likely to succeed in stopping than trying to stop without help. To access this service contact Warwickshire Stop Smoking Service – 0800 0852917. For general information about stopping smoking contact the NHS Smoking Helpline on 0800 169 0 169 or go to www.givingupsmoking.co.uk

Look out for No Smoking Day events including information and advice stands and carbon monoxide monitoring for smokers available in the weeks before the day. For more information about No Smoking Day please visit www.nosmokingday.org.uk

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