

# R U up for it?











## Come and find out more at The Great No Smoking Day Challenge

Your chance to win shopping vouchers to the value of £40.00

**Wednesday 12 March**  
**10.00am until 7.00pm**

**Alcester Opportunities**  
**The Pavilion, Conway Fields**



-  Free No Smoking Day Quiz - open to all
-  Free refreshments
-  Stop smoking help and advice
-  Health checks & advice
-  Activities for children
-  Healthy eating information
-  Information on fire safety in the home
-  Come and meet PHILLIS

**Strictly come walking**  
to help you reach your target -  
a short walk leaving the Pavilion  
at 11.00 am - all welcome

**Further help and advice is available from your GP or local pharmacy**

**Lloyds Pharmacy - 01789 400122**

**Hopkins Pharmacy - 01789 762634**

**NHS Smoking Helpline 0800 169 0 169**

Supporting  
Alcester's Conway  
& Ten Acres  
Communities

