



Tips to help you quit smoking

Choose a date that's unlikely to be stressful and make sure you don't have any cigarettes, lighters or matches on you. Avoid places where people around you might be smoking. Also get support and expert advice and remember the reasons why you're quitting (live longer, feel great, save money, get fitter, protect friends and family). Learn how to cope with cravings (talk to someone, go for a walk, keep busy), and remember there's no such thing as "just one" cigarette!

Quitting is the best thing you'll ever do!

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Or create an account by clicking 'Register' and using the following code.

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