

**QUIT TOGETHER**  
AT THE TIME IT MATTERS THE MOST.

**YOU'RE NOT  
ALONE**

**JOIN HUNDREDS OF  
OTHERS WHO WILL STOP  
SMOKING TODAY.**

Email: [wellbeingservice@nelincs.gov.uk](mailto:wellbeingservice@nelincs.gov.uk)

Telephone: **01472 325500**

[www.quittogether.co.uk](http://www.quittogether.co.uk)

**QUIT TOGETHER**  
AT THE TIME IT MATTERS THE MOST.

**QUIT WITH  
SUPPORT**

**You are 3 times more likely to quit with  
medicine and support from your local  
Stop Smoking Service. Friendly help and  
support is *still* available.**

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**GRIMSBY, CLEETHORPES,  
IMMINGHAM, LACEBY. LET'S...**

**QUIT TOGETHER**

**The health of your lungs and  
heart has never been more  
important, that's why  
hundreds of people here are  
choosing to give up smoking  
cigarettes today.**

**Visit [www.quittogether.co.uk](http://www.quittogether.co.uk) to  
see the help available for you.**

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IMMINGHAM, LACEBY. LET'S...**

**QUIT TOGETHER**

**Quitting smoking with the  
support of friends, family and  
your neighbours can be the  
encouragement one person  
needs to quit forever.**

**Visit [www.quittogether.co.uk](http://www.quittogether.co.uk) to  
see how you can support others.**