

# Quit Smoking with FREE support this Ramadan

Ramadan offers a great opportunity to make healthy changes, including stopping smoking. Instead of avoiding cigarettes only through fasting hours why not try to kick the habit for good?

Southampton Smokefree Solutions are here to support you to quit smoking this Ramadan.

Contact the team today on:

**0800 999 1485 | 023 8218 0285**

**Text 'QUIT' to 66777**



**Southampton  
Smokefree  
Solutions**  
Supporting local health  
and care providers