## Ready to quit for good?

## Live Life BETTER DERBYSHIRE

Live Life Better Derbyshire offers a free, 12 week stop smoking service that includes:



Telephone and digital support



Free Nicotine Replacement Therapy sent in the post and access to stop smoking prescription medications



Advice, top tips and printed resources

say 🚧 to a smoke free you



When you smoke it damages your immune system, reducing your body's defence against infections, such as coronavirus (COVID-19).

Smokers are therefore at greater risk of:



- Getting serious respiratory infections
- Infections lasting longer and being more serious than a non smoker

## say yes to a smoke free you

To find out more...

Visit: www.livelifebetterderbyshire.org.uk

Call: 0800 085 2299 or 01629 538200

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