



**Ready to go  
smokefree  
for 2023?**

**Free local  
support  
is available!**





YOUR STOP SMOKING SERVICE

**Text QUIT to 66777  
or phone 0800 772 3649**

SCAN ME



**or self refer at  
[SmokefreeHampshire.co.uk](http://SmokefreeHampshire.co.uk)**