

BE WELL TAMESIDE

Quit smoking for Ramadan

Start your
preparation
for Ramadan



by **STOPPING**
smoking and
chewing Paan.

SPICE UP YOUR LIFE!

Once you **STOP
SMOKING** your taste
buds start
to recover,
meaning
you can
enjoy
your food
better.



A month of being
SMOKEFREE
means more
money for gifts



for your family
and friends.

A NEW BODY!

After being
SMOKEFREE
for a month your heart
and lungs begin to recover
and you are also less likely
to suffer a
heart attack.



Turn over for more facts



ORAL HEALTH



More than **60 out of 100**

mouth and throat cancers in the UK are caused by smoking. **STOP SMOKING** and put a big smile on your face.

Each day of **NO SMOKING**

ADDS 6 hours to your life.



Giving you more time for what really matters!



Smoking Kills 1 in 2
#DontBeThe1



There are many **STOP SMOKING** aids to **HELP YOU**, including E-Cigs and Vapes.

You are **4 times**

more likely to **STOP SMOKING** with **SUPPORT.**

BE WELL TAMESIDE

offer one to one support to help you **STOP SMOKING** or chewing Paan. Call us on



0161 716 2000 today to book an appointment!

For more information contact us on:

Tel: 0161 716 2000

Email: bewelltameside@nhs.net

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