

Are you ready to **Quit Smoking?**

**ABL Wirral are committed to helping you
quit smoking for good**



**YOU ARE 3 TIMES MORE LIKELY TO QUIT
WITH SUPPORT FROM OUR PRACTITIONERS!**

If you or someone you care about live or work in Wirral, our service can offer you a FREE individual quit programme for up to 12 weeks.

For more information call us on:

0151 541 5656

or visit our website:

www.ablwirral.co.uk

