

## Why should I quit smoking?



Quitting smoking offers numerous benefits, including:

- Reducing the risk of developing cancer, COPD, emphysema, heart disease, and dementia
- Improving heart and lung health
- Saving money
- Providing more energy
- Enhance appearance
- Reduce anxiety
- Improve taste and oral health
- Become a source of pride.

It's normal to feel nervous, in fact, 70% of smokers do, but with the right support, it's possible.

Whether it's your 1st or 15th attempt, our friendly advisors are here to help. Plus, you're 3 times more likely to quit with our help. Let's give it a go!



**Text QUIT to 66777**



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