

# Want to stub out smoking in Heaton Norris?



**Become a stop smoking champion!  
We want to reduce smoking rates in  
Heaton Norris.**

**It is never too late to quit.**



**Calculate your savings**

## **What is involved?**

- **Attend a coffee and cake morning to find out more**
- **Share what is important in your community and what support you feel is needed**
- **Attend some training with ABL our local Stockport stop smoking service (90 minutes, face to face, with refreshments provided) – so you know the facts**
- **Promote stopping smoking in your community – how you do this is up to you!**
- **You could... Chat to your friends, families, neighbours, give out leaflets, talk to local businesses – whatever you feel comfortable with**
- **Keep in touch with us and let us know how it's going**

**If you are interested in quitting smoking or want to help others quit–  
Please call Fallon (Public Health) on 07811 696070**