

*Are you ready to quit smoking?*

**STOP SMOKING CLINIC @ ARRIVAL EVERY THURSDAY**

**SPEAK TO RECEPTION FOR AN APPOINTMENT**



Why do you want to quit?

**If your not sure, ask yourself these questions:**

- What do I dislike about smoking?
- What do I miss out on when I smoke?
- How is smoking affecting my health?
- What will happen to me and my family if I keep smoking?
- How will my life get better when I quit?

Once you know the reasons for quitting, remind yourself of them every day. It can inspire you to stop smoking for good.

**Do you want to look, feel and be healthier?**

**Here are some more reasons to consider:**

- My chances of having cancer, heart attacks, heart disease, stroke and other disease will go down
- I will be less likely to catch colds or the flu, and will be able to recover quicker if I do get sick
- I will breathe easier and cough less
- My blood pressure will go down
- My skin will look healthier and I will look more youthful
- My teeth and fingernails will not be stained

**Do you want a better lifestyle?**

- I will have more money to spend
- My car, home and kids wont smell of smoke!

