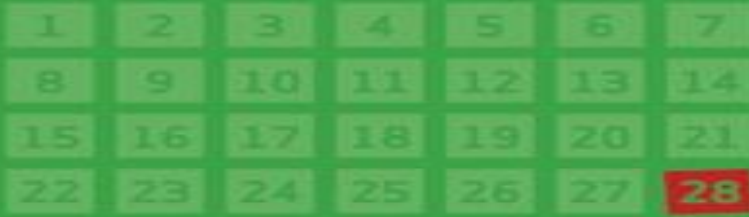


Workplace 28 day stop smoking challenge



If you stop smoking for **28 days or more**,
you're **5 times** more likely to stop for good

Are you up for this challenge?

**Belfast Trust Staff can access 12 weeks of free
Nicotine patches and inhalators and support from a
Health Improvement Team Stop Smoking Specialist.**



To sign up:

Email: Stopsmoking@belfasttrust.hscni.net

**Contact: Fiona McCabe
07701279263**

Scan this QR Code to make a staff referral



Belfast Health and
Social Care Trust

