



#nosmokingday

**"GIVING UP  
SMOKING WAS  
LIKE GIVING  
MYSELF A  
PAY RISE."**

**BE PROUD TO  
BE A QUITTER**

**NO SMOKING DAY 9 March 2016**

For help and free support visit [nosmokingday.org.uk](http://nosmokingday.org.uk)

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