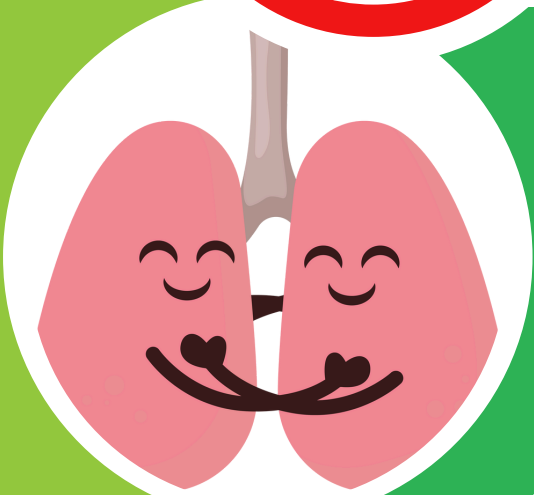


BECOME SMOKE FREE TODAY!



STOP TOBER



Did you know...

- 20 minutes after stopping smoking - your pulse rate begins to return to normal
- Quit for 28 days and you're five times more likely to quit for good!

Sounds good? But don't know where to start? Come along and:

- Learn about the benefits of stopping smoking on your physical and mental health
- Access support to find local stop smoking service in your area
- Free one to one support

**Can't make it?
Don't worry! Just contact
Rebecca via:**

rebecca@colebridge.org
07442092775 (text or call)

**Available fortnightly
commencing:**



Friday 3rd October 2025
From 1:30 till 3.30pm



**Moorfield Hall
Community Centre**

Hartshill Rd, Shard End,
Birmingham B34 6QX.