

Your first step
towards a new
smoke-free you...



FREE 1-2-1 support
for people who
live, work or have a
registered GP
in Warwickshire



FREE support programmes

HLSWarwickshire.org  

0800 1223 927

Working in partnership with...



Start your **FREE** journey to better health today...



Stop Smoking



Healthy Weight



Increase Activity



Reduce Alcohol



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Working in partnership with...



What would you do with...

£455

every month?*



FREE help to stop smoking

Text **STARTNOW** to **66777**

f @ HLSWarwickshire.org



*Based on smoking 20 cigarettes a day at a cost of £15.00 per pack (the average price in 2026)