

Free support to quit smoking for good in the Royal Borough of Windsor & Maidenhead

**Want to give up smoking? We
are here to help you find the
best strategy that suits you**

Smokefreelife Berkshire offers a range of support to help you quit smoking for good:

- 24/7 support via our free Quit with Bella app
- Regular support delivered either face-to-face, online or via telephone from one of our Wellness Coaches
- 12 weeks of behavioural support, including access to stop smoking medications, from our Specialist Stop Smoking Practitioners



Contact the team today to learn more!

www.smokefreelifeberkshire.com

Call 0800 622 6360 | 0118 449 2026 | Text QUIT to 66777

