

# Workplace 28 day stop smoking challenge

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |



Begins on:

Contact person:

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



For more information, or to register,  
speak to your employer or visit: [www.want2stop.info](http://www.want2stop.info)



For SMS support  
text\* QUIT to 70004

\*Standard network charges apply.



For free support and stop smoking  
medication, contact your GP or  
local pharmacy

