

Better Health Let's do this

NHS

STOP SMOKING AND GOOD THINGS HAPPEN



You'll have more
money for other things

Make 2024 the year you quit

Could you be 1 of the million people trying Swap to Stop in 2024?

Oxfordshire's local stop smoking service [Stop for Life Oxon](#) is now able to offer free one-to-one support, alongside a free vape starter kit to **all adult smokers** currently living or working in Oxfordshire, who want to quit smoking.

Vapes are a [proven quit tool](#) and stopping smoking has many [health](#) and [financial](#) benefits. Evidence tells us that people are 3 times more likely to successfully stop smoking with the support of a specialist stop smoking service.

Not sure about swapping to a vape – [common myths busted here!](#)

So what are you waiting for?! Refer yourself today 😊
[online referral](#) or call 0800 122 3790 or text STOPOXON to 60777

