

# Ready to quit for good?

Live Life  
**BETTER**  
DERBYSHIRE

Live Life Better Derbyshire offers a free,  
12 week stop smoking service that includes:



Telephone and  
digital support



Free Nicotine Replacement  
Therapy sent in the post  
and access to stop smoking  
prescription medications



Advice, top tips and  
printed resources

say *yes* to a smoke free you

 **DERBYSHIRE**  
County Council

**When you smoke it damages your immune system,  
reducing your body's defence against infections,  
such as coronavirus (COVID-19).**

**Smokers are therefore at greater risk of:**

- **Getting serious respiratory infections**
- **Infections lasting longer and being more serious than a non smoker**

**say *yes* to a smoke free you**

**To find out more...**

**Visit: [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)**

**Call: 0800 085 2299 or 01629 538200**

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