

NOW IS THE TIME TO QUIT SMOKING

DITCH THE DRAG.

WHY?



Feel healthier,
breathe easier



Protect your heart
and lungs



Improve sleep, energy
and focus



Cut long-term risk
of disease



Regain control
– not driven by cravings



Save serious
money

REGAIN YOUR POWER.

HOW?



Set a quit date
and stick to it



Get a friend to
support you



Avoid your usual
triggers



Swop the habit
– move, chew, breathe



Try nicotine support
like patches or gum



Ask your clinic, GP
or pharmacist for help

When you need help to quit smoking, vaping, hubbly, cannabis or any other harmful substance, let LifeAssist help you to overcome the addiction and adopt healthier lifestyle habits.

Reach out to LifeAssist for counselling or health advice.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
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www.yourlifeassist.co.za/sunint

