Healthy Lifestyles
Gloucestershire

Baby on the way?

Get FREE help to stop smoking now

It's never too late to decide to stop and with our help, you're four times more likely to do it!
We offer more than stop smoking support.

Get all-round help during your pregnancy and during your baby's early years including:

- **Healthy weight**
- **Healthy eating advice and support**
- **Being more active**
- **Smokefree home**

Call us free today

0800 755 5533

www.HLSGLOS.org

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