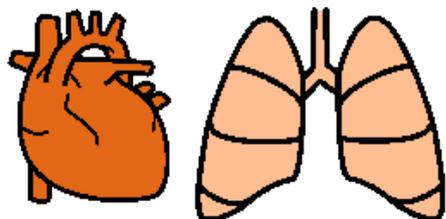


Smoking is bad for your heart and lungs



Smoking can kill you



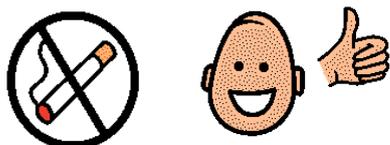
Cigarette smoke is poisonous



Do you want to stop smoking?



You can get help to stop smoking



You can talk to a Smoking Advisor. Phone 0500 600 332



You can talk to your doctor or Pharmacist. They will help you to stop smoking



**healthpoint**  
WALK IN FOR INFORMATION

**healthline** 0500 20 20 30  
CALL FREE FOR INFORMATION



If you need more help with smoking:



You can phone the free Healthline on  
0500 20 20 30



Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,  
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,  
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday  
11.00am - 3.00pm**



Healthpoint is a place where you can get free  
advice and information about your health