

# Smokefree I'm fasting & want help to stop smoking You are not alone, free & confidential service

## Manchester Stop Smoking Service

### Ramadan Campaign 2011

**FREE** help to  
stop smoking



Stop Smoking this Ramadan and protect your family from the harmful effects of breathing in other people's cigarette smoke (second hand smoke) by making your home smokefree. For confidential support to quit call Manchester Stop Smoking Service on 0161 205 5998. Get your free Miswak dental stick (known to reduce cigarette cravings) when you sign up to stop smoking. To register on Manchester's Smokefree Homes scheme visit [www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk) and enter a free prize draw to win £250 of home vouchers.

For more information call:

**0161 205 5998**

