

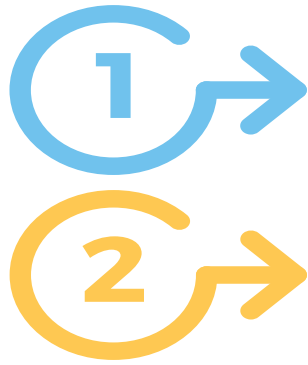
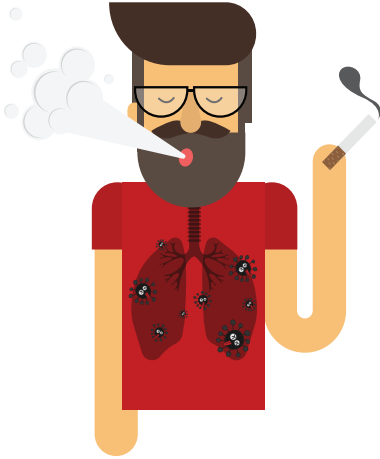
EVE's Healthy Bite

Smoking



Why Quit?

There are lots of good reasons to stop smoking.



1 Improve your health - reduce illness & infections. Smell better. Improve skin. Increase fitness.

2 For your family - increase life expectancy. More available resources. Better social life.

How Can I Quit?

1

Make your decision
Set a start date
Talk to your GP
Set a plan & tell people

2

Join a Support Group
Register with QUIT.ie
Remove all smoking reminders
Keep busy

3

Identify and use Coping Strategies
Identify and use Quit Smoking Aids
Celebrate your Victories
Maintenance

Did You Know?

- In Ireland 20% of people smoke
- In the past 12 months 44% of people attempted to quit
- The target in Ireland is that less than 5% will smoke in 2025

Who Can Help?

1. Your **EVE Quit Smoking Programme** Facilitator
2. Your GP
3. www.quit.ie