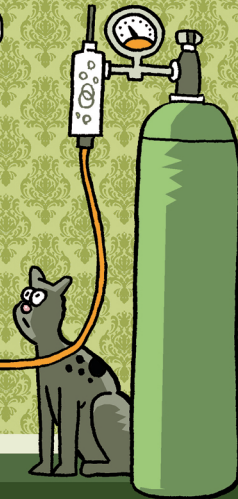
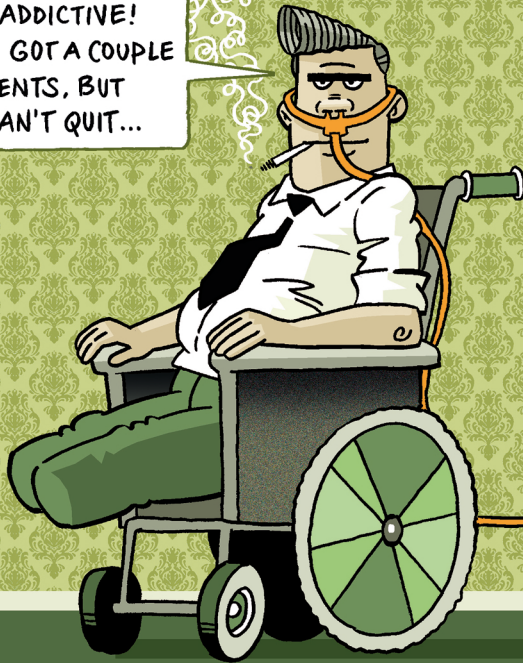


IT'S SO ADDICTIVE!
SURE, I'VE GOT A COUPLE
OF AILMENTS, BUT
I STILL CAN'T QUIT...




When you smoke, you risk damaging your lungs and brain.
You're also at risk of a heart attack.
It's always the right time to quit.

If you'd like to find out more about free support to help you
quit smoking, visit this website: www.ikstopnu.nl

Is it important to you to quit smoking? _____
How important? _____

Contact: _____

PHAROS



IF I WANT TO QUIT SMOKING,
I DON'T NEED ANYONE'S HELP!

THAT'S EXACTLY WHAT
YOU SAID THE LAST SIX
TIMES, SILLY SAUSAGE!

Only you can make sure you quit smoking, but it's easier when you get a helping hand.

You can ask people for help: your GP or coach, for example.

Your GP or coach will advise you on how best to give up the habit.

You can also join a group with other people who want to quit smoking.

Your health insurer will reimburse any support you get to quit smoking.

In other words: you can get help for free! There's no excess to pay.

Ask your GP for help or call the free helpline: 0800-1395

Alternatively, visit this website: www.ikstopnu.nl

Who would you like to help you quit smoking? _____

Contact: _____



DEEP INSIDE,
I'VE ALREADY QUIT!



Lots of people want to quit smoking.

Is it important to you to quit smoking? _____

How important? _____

If you'd like to find out more about free support to help you quit smoking,
visit this website: www.ikstopnu.nl

Contact: _____

PHAROS



When you smoke outside, you carry the harmful chemicals in the smoke back inside. These chemicals make their way into everything: your skin, clothes, furniture and carpet. We call this third-hand smoke.

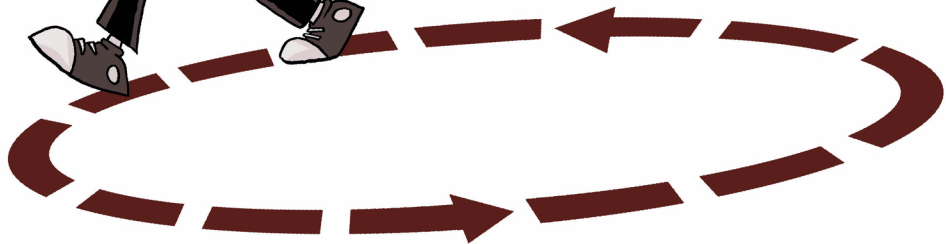
Children are constantly touching everything with their fingers. And they're ingesting these harmful chemicals as a result.

If you'd like to find out more about free support to help you quit smoking, visit this website: www.ikstopnu.nl

Contact: _____

PHAROS

**I'M SMOKING, BUT I STILL
FEEL PRETTY STRESSED!**



Even when you quit smoking, you'll still be faced with stressful events in your life.

But when you quit, you're better able to deal with that stress.

If you'd like to find out more about free support to help you quit smoking, visit this website: www.ikstopnu.nl

How do you want to beat your stress? _____

Contact: _____



vintage

SECOND-HAND FURNITURE

...WITH
THIRD-HAND
SMOKE!



When you smoke outside, you carry the harmful chemicals in the smoke back inside. These chemicals make their way into everything: your skin, clothes, furniture and carpet. We call this third-hand smoke.

Children are constantly touching everything with their fingers. And they're ingesting these harmful chemicals as a result.

If you'd like to find out more about free support to help you quit smoking, visit this website: www.ikstopnu.nl

Contact: _____

vinta

PHAROS