



Public Health  
England

Quit Right  
TOWER HAMLETS

**GIVE**  
**QUITTING**

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**A GO THIS**  
**STOPTOBER**

For support to help you quit smoking this **Stoptober** contact **Quit Right Tower Hamlets** on **0207 882 8230**.

To find your nearest clinic visit **[quitrightth.org](http://quitrightth.org)**.

**STOP TOBER**

BECAUSE THERE'S ONLY  
**ONE YOU**