

# You can be smoke free



If you're working on becoming smoke free, things like getting more active, watching what you eat and learning to cope with stress can help make it easier.

Ask your healthcare provider for advice or contact the Island's free stop smoking service, Quit4You.

Find out more at

[gov.im/quitsmoking](https://gov.im/quitsmoking)



**Isle of Man**  
Government

*Reiltys Ellan Vannin*