

WORLD MENOPAUSE DAY 2023

HEALTHY HEART

What's the best way to a healthier heart?

- Keep active
- Stop smoking
- Maintain a healthy weight
- Reduce alcohol



Stop smoking

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!



Stopping smoking is one of the best things you will ever do for your health. Quitting is much easier when you get the right support and there are lots of options to choose from.

