

No Smoking Day 9 March 2016

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Smokers in are being urged to take the first step in giving up cigarettes for good on No Smoking Day which takes place on Wednesday 9 March. This year's No Smoking Day theme is 'Proud to be a Quitter. In life we're told never to give up – but when it comes to smoking, being a 'Quitter' is a good thing. [A4 Proud to be a Quitter Jose](#) Meet the '[quitters](#)'.

Health psychologist, Dr Stephen Palmer PhD, Director of the National Wellbeing Service said: "We understand that the majority of smokers want to stop smoking, but many find the task too daunting. No Smoking Day is the perfect opportunity to inspire smokers in to quit for good."

The annual campaign is run by the British Heart Foundation (BHF) and encourages hundreds of thousands of smokers to make a quit attempt on No Smoking Day. Visit the [website](#) if you need help to quit.

Dr Mike Knapton, Associate Medical Director at the BHF, said: "Giving up smoking is the single best thing you can do for your health, and that's why the British Heart Foundation runs No Smoking Day. We're encouraging smokers to mark Wednesday 9 March in their calendars, and take the first step towards a smoke-free life."

To receive information and support on stopping smoking visit nosmokingday.org.uk and join the conversation of Twitter using the hashtag #NoSmokingDay