

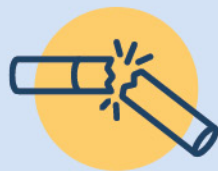
Take your first steps to a smoke-free life



Support and activities in Lancaster and Morecambe to help you stop smoking, improve your lung health and benefit your wellbeing



Breathe easy, quit smoking



In partnership with Smokefree Lancashire, our friendly **smoke-free hubs** can provide you with one-to-one mentoring, resources and alternative tobacco products to help you to quit smoking.

You can join our free social activities to support you on your journey, including singing groups, Tai Chi, nature walks, health and wellbeing coaching and more

**“I saved
£422 in the
first month
when I
stopped
smoking”**



Morecambe

2

1

4

3

5

6

7

Lancaster

M6

Smoke-free Hubs Morecambe

- 1 Bay Veterans Association**
The Arndale Centre, 23-25 Royalty Mall, Morecambe LA4 5DH
- 2 Stanleys Community Centre**
79-83 Stanley Road, Morecambe LA3 1UT

Smoke-free Hubs Lancaster

- 3 Skerton Community Centre**
Skerton, Lancaster, LA1 2JH
- 4 St Chad's Church Hall**
Torrisholme Road, Lancaster, LA1 2SE
- 5 Marsh Community Centre**
Willow Lane, Lancaster, LA1 5PP
- 6 The Cornerstone**
Sulyard Street, Lancaster, LA1 1PX
- 7 Positive Futures**
701 Cameron House, White Cross Industrial Estate, South Road, Lancaster, LA1 4XF

“Within the first few weeks of quitting, you'll be able to breathe easier with better lung function and have improved blood circulation, helping you to live a healthier life”

