

Be   
Healthy  
Bucks

Ready

to stop smoking,

but not sure how?



**Be Healthy Bucks** is a **free** health and wellbeing service. Find out how we can support you in just 5 minutes.



Scan

Visit: [bhb.maximusuk.co.uk](https://bhb.maximusuk.co.uk)

Call us: 03332 300177

Or text 'SMOKE' to 60777  
to find out more



Buckinghamshire  
Council



maximus

Funded by Buckinghamshire Council and the NHS, this service is delivered by Maximus.  
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