

Life's better with

Vitality

An easy way to help you stop smoking.

Allen Carr is a leading smoking cessation expert and has more than 40 centres across the UK. They help over 50,000 people stop smoking each year. The programme usually costs up to £299, but as a Vitality member you can attend at no cost to you.

Visit vitality.co.uk/member for more details.

Details correct as of August 2020. Terms and conditions apply.

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Health insurance • Life insurance • Investments

Allen Carr's
Easyway
To Stop Smoking