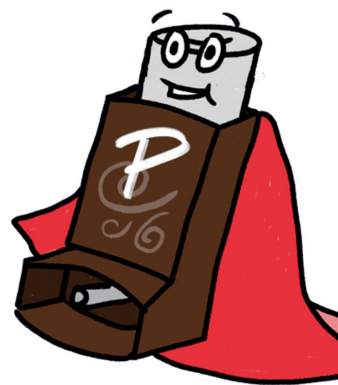
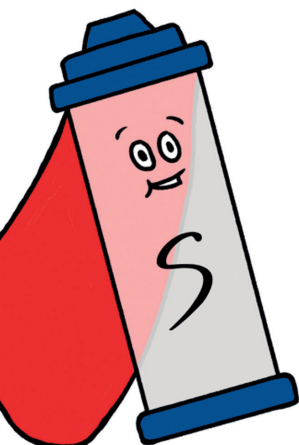


**A few puffs everyday,  
makes it easier to play!**



Remember to take your preventer  
inhaler everyday and always take  
your reliever with you.



Chest  
Heart &  
Stroke

Visit [Nichs.org.uk](http://Nichs.org.uk) for more info