

Harmful Effects of Tobacco Smoking Chart– CT020

<p>Description</p>	<p>◆ This chart highlights the adverse effects of tobacco on different organs of the body. It also provides a guide on how to plan a strategy to stop smoking. Stage 1 gives guidance on how to prepare oneself to stop smoking. Stage 2 advises on putting together an action plan to actually stop smoking. Stage 3 suggests strategies to use to remain a non-smoker. This chart is ideal for doctor’s surgeries, health centres, schools and colleges of further education as a guide to help people stop smoking or in the case of children and teenagers persuade them not to start.</p>
<p>Details</p>	<p>1. Dimension: A2 Size</p>
<p>Image</p>	