

# Quit smoking and feel better



Our skilled Health Trainers are able to offer **FREE** confidential support:

- ✓ FREE stop smoking support
- ✓ FREE nicotine replacement products or e-cigarettes
- ✓ Weekly personalised stop smoking sessions
- ✓ Personal, confidential advice



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out more

Get in touch today

[www.york.gov.uk/HealthTrainers](http://www.york.gov.uk/HealthTrainers)

Email: [healthtrainers@york.gov.uk](mailto:healthtrainers@york.gov.uk)

Call: 01904 553377 Text: 07789 946384

