

Quit smoking and feel better

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



Get in touch today

www.york.gov.uk/HealthTrainers



As a team, we will work to help you quit smoking for good by offering:

- Regular stop smoking sessions to help you identify triggers, explore nicotine addiction and learn strategies to manage cravings.
- Supporting you to give up smoking with 10 weeks **FREE** Nicotine Replacement Therapy (NRT) and/or e-cigarettes.
- Or four weeks **FREE** vapes posted out to you through our Swap2Stop offer with online support.

**Book your
FREE
appointment
today!**



Find out more

Email: healthtrainers@york.gov.uk

Call: 01904 553377 Text/WhatsApp: 07789 946384