

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



YORK Health
Trainers

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

- Weekly stop smoking support sessions, covering addiction and the social and emotional effects of smoking.
- 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