

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



## 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](mailto:healthtrainers@york.gov.uk)

Call: 01904 553377 Text/WhatsApp: 07789 946384