

# Quit

vaping & smoking



**FREE confidential support**



**FREE nicotine replacement products**

**Get in touch today**

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



## **We support children to stop smoking and quit vaping by offering FREE:**

- Weekly stop smoking or vaping support session - in person, online or on phone.
- 10 weeks FREE nicotine replacement products (12+).
- Advice and guidance about breaking your habit and nicotine addiction.
- Can also offer advice on healthy eating, lifestyle and getting active.

**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**