

# 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

