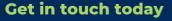
Quit smoking and feel better

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



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 IO weeks FREE Nicotine Replacement Therapy (NRT) and/or e-cigarettes.
- Up to £170 financial incentive scheme for pregnant women who stay quit up to three months post-natal

Book your FREE appointment today!

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