

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



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.
- Up to £170 financial incentive scheme for pregnant women who stay quit up to three months post-natal

**Book your
FREE
appointment
today!**



Find out more

Email: healthtrainers@york.gov.uk

Call: 01904 553377 Text/WhatsApp: 07789 946384