

CYC Health Trainers

Quit and feel Smoking better

FREE stop
smoking
support

Up to £170 financial
incentive scheme
for women who stay
quit up to 3 months
post-natal



Weekly
personalised
stop
smoking
sessions

Personal,
confidential
advice

Get in touch today

Call: 01904 553377

Email: cychalthtrainers@york.gov.uk

www.york.gov.uk/CYCHHealthTrainers



CITY OF
YORK
COUNCIL