

# WANT TO STOP SMOKING?

## We can help.

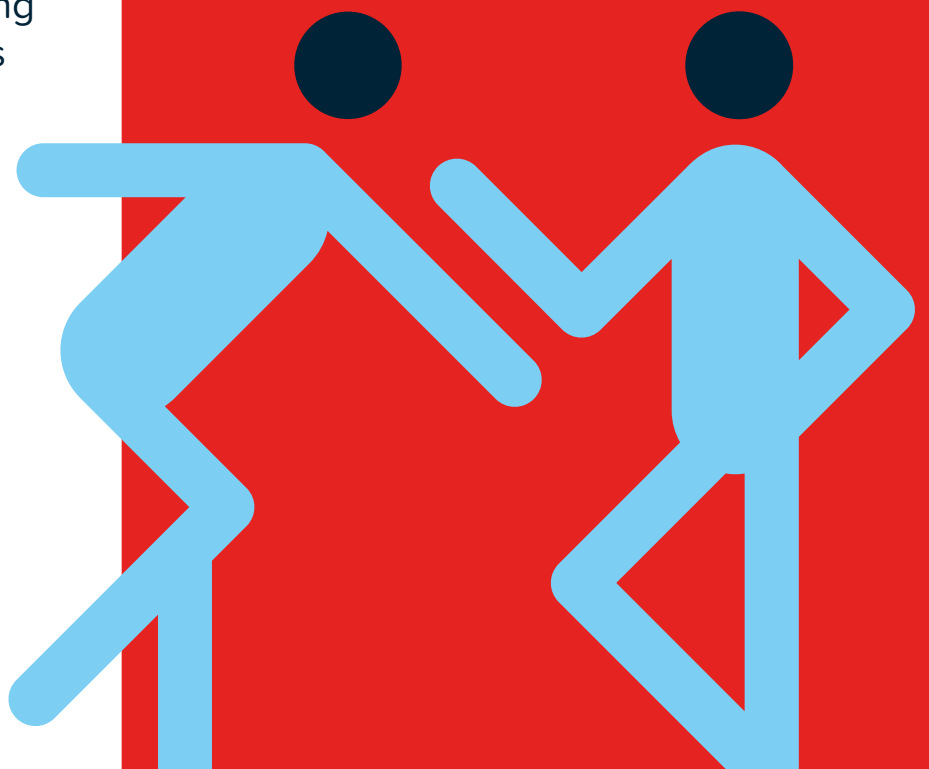
**FREE** support to help you stop smoking for good, including stop smoking medications (like Champix® and NRT).

If you are using an e-cigarette / vapouriser and still smoking, you are very welcome at our service.

Available at GP practices, some pharmacies, and at:

**Kingswood**  
**The Park Centre**  
**Thursdays**  
**3-6pm**

For pregnant smokers and their families, we also offer home visits from a specialist midwife.



To book your place, or for more details visit [www.southglos.gov.uk/smokefree](http://www.southglos.gov.uk/smokefree) or call **01454 865502**.