

WANT TO STOP SMOKING?

We can help.

FREE support to help you stop smoking for good, including stop smoking medication (like Champix® and NRT). We will also talk about the best ways to use an e-cigarette to quit

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:

Yate, Yate Leisure Centre

Tuesdays

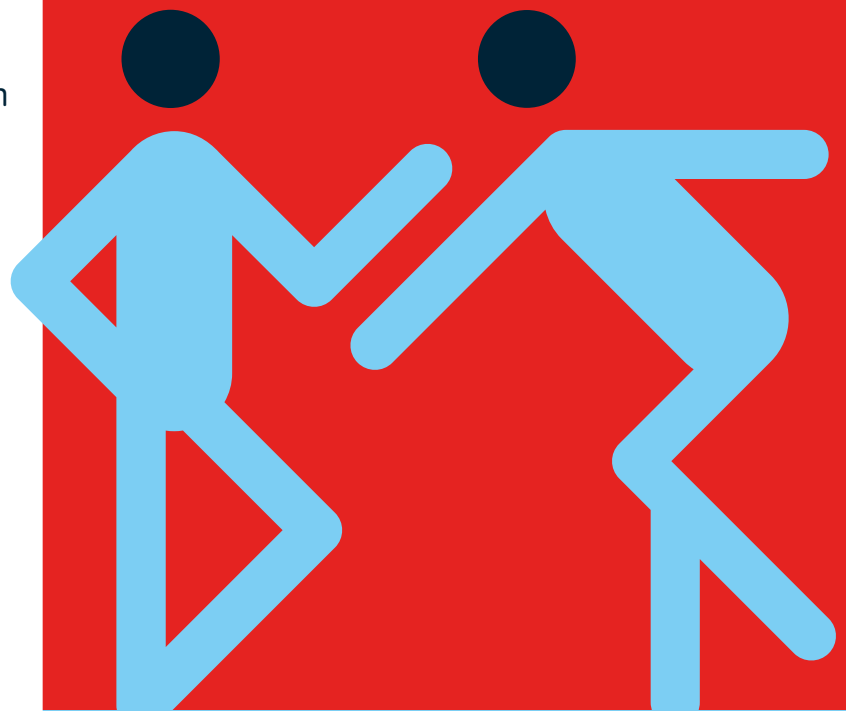
3pm-7pm

Kingswood, The Park Centre

Thursdays

3pm-5:30pm

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 or call **01454 865502**.