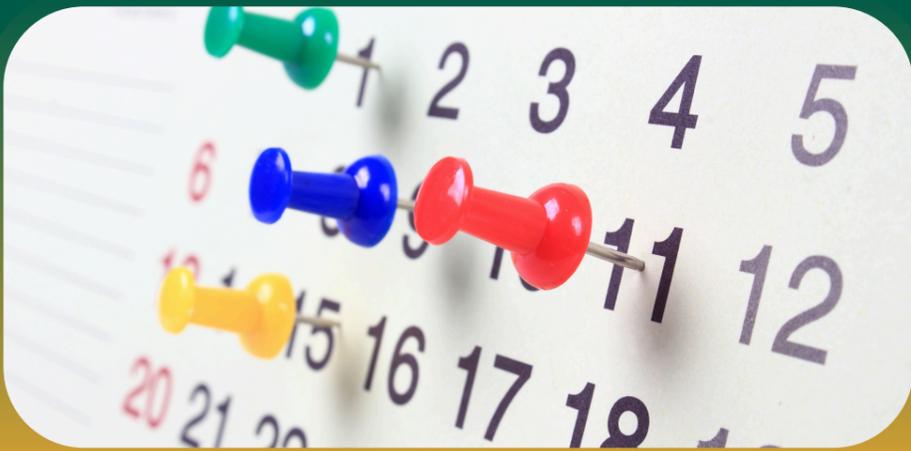


STOP SMOKING DROP-IN SESSIONS

STOP SMOKING FOR STOPTOBER AND YOU'RE 5 TIMES MORE LIKELY TO QUIT FOR GOOD. ARE YOU READY? DROP IN TO SEE ONE OF OUR HEALTH AND WELLBEING TRAINERS TO SEE HOW THEY CAN HELP – NO NEED TO BOOK.



12 WEEK PROGRAMME



SUPPORT NETWORK



FREE VAPE KITS



ACCESS TO NRT

**KINGTON BURTON HOTEL,
HR5 3BQ**

**EVERY OTHER THURSDAY 1PM – 3PM
NEXT SESSION: 20TH NOVEMBER**