

Do you Want to stop Smoking



Join a FREE stop smoking group as St Philips School



- A Quit group will give you the help and encouragement you need to get through the first few weeks of stopping
- A Quit group will provide you with all the skills you need to stay stopped.
- You will have the chance to meet others who are all giving up at the same time as you.
- Nicotine Replacement Therapy is provided on prescription.



The group will be held at St Philips School for 5 weeks
from
Tuesday 4th March to Tuesday 1st April
from 2.45pm – 3.15pm



Come along and make a fresh start for 2008

Interested? For further information and to join the
group, please phone Justin Wride
(Support to Stop Smoking Advisor) on (01225) 831852
Or



Visit the School Reception and Provide your Details on
the Booking Sheet

