

CYC Health Trainers

# Quit and feel better

# 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: [cychhealthtrainers@york.gov.uk](mailto:cychhealthtrainers@york.gov.uk)

[york.gov.uk/CYCHHealthTrainers](http://york.gov.uk/CYCHHealthTrainers)

