

CYC Health Trainers

FREE

stop smoking
support

FREE nicotine
replacement
products and
E-cigarettes



Quit Smoking
and feel better

Weekly

personalised stop
smoking sessions

Personal,
confidential
advice

We are your local Health Trainers, a team of qualified NCSCT stop smoking advisors who are here to help you to feel better and healthier. Right now, so many of us want to kick the smoking habit once and for all. We provide **FREE** quit smoking advice, weekly support sessions and **FREE** stop smoking products.



As a team we will work with you to help you quit smoking for good by offering:

- ★ Weekly stop smoking support sessions.
- ★ Providing clear guidance around the habit, addiction and the social and emotional effects of smoking.
- ★ 4 weeks **FREE** Nicotine Replacement Therapy (NRT) and or E-cigarettes

www.york.gov.uk/CYHealthTrainers

We offer all of our appointments either over the phone, virtually or face-to-face (restrictions allowing) to fit around you. To book your first appointment, call or email our Health Trainer team today or visit our website for more information.

Choose to have your appointments either over the phone, virtually or in person.

Our service is completely **FREE**, personal and confidential. It is available for people over 16 years of age who want support to quit smoking.

Book your first appointment today.

Call: 01904 553377

Email: cyhealthtrainers@york.gov.uk

