

# QUIT *vaping & smoking*



SCAN ME



FREE

health  
advice

FREE

nicotine  
replacements

FREE

confidential  
support

**CYC Health Trainers**

*Get in touch today!*

Email us at: [cychealthtrainers@york.gov.uk](mailto:cychealthtrainers@york.gov.uk)



We are your local Health Trainers, a team of qualified and skilled staff who are here to help you feel happier and healthier. Right now, so many of us want to feel better both physically and mentally but find it hard to put in place healthy habits that support a healthy lifestyle.

We provide personalised individual support and advice to help motivate you to make healthy lifestyle changes.

We provide FREE quit smoking advice, weekly support sessions and FREE stop smoking products.



We work with you to help you reach your personal health goals including:

- ★ Healthy eating advice and weight management.
- ★ Finding new ways to be more active.
- ★ Quitting smoking.
- ★ 4 weeks FREE Nicotine Replacement Therapy (NRT).
- ★ 12 weeks subsidised stop smoking medication through referral to local pharmacies.
- ★ Reducing your alcohol intake.
- ★ Helping you find groups and activities to get back out in the community.

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

We offer all of our appointments either over the phone, virtually or face-to-face 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 aged 12-17 who want support with making positive lifestyle changes.

**Book your first appointment today.**

**Message us at: 07789 946384**

(please seek permission from your parent/carer or bill payer)

