



6 Week *Online* Stop Smoking Course

Open to all who would like to stop smoking

Wednesdays from 5.30pm - 7.00pm

Scan the QR code to register online



DEPARTMENT OF
PREVENTIVE MEDICINE
& HEALTH PROMOTION

1st October 2025

Introductory session

5th November 2025

Final session

This six week course will:

- Provide support
- Help develop skills to stop smoking
- Provide advice on stop smoking medications

For more information and to book a place, please contact:

Department of Preventive Medicine
and Health Promotion

Tel: 01 221 4958

Email: smokingservice@svuh.ie



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