

Stop Smoking Courses Open to all

YOU CAN
QUIT
SMOKING!



This free six-week course will:

Provide **support** in a friendly atmosphere

Help develop **skills** to stop smoking, and

Provide **advice** on stop smoking medications

– all of which increase your chances of **stopping smoking for good**.

This course is open to all smokers wanting to stop smoking

December 11th - Final Session

Time: 5:30 – 7 p.m.

Venue:

Allied Therapy Suite, 1st floor,
St. Vincent's University Hospital,
Elm Park,
Dublin 4



For more information, & to book a place, contact:

Dept. of Preventive Medicine & Health Promotion:

Phone: (01) 221 4958

Email: smokingservice@svuh.i