



Ready to stop smoking?

Join a stop smoking course at
**Mowbray Square
Medical Centre,
Harrogate**
Wednesday afternoons
starting 1 September 2010
with Chris Walmsley, NHS Specialist
Stop Smoking Advisor



To book your place, phone North Yorkshire Stop Smoking Service
0845 8770025 or 0300 303 1603

You are four times more likely to stop smoking with
NHS treatment and support than going it alone