

**Chris Walmsley
Specialist
Stop Smoking
Advisor**



I'd like to invite you to join my stop smoking programme here at Mowbray Square Medical Centre.

We can meet weekly on Wednesday afternoons.

I will guide you through the different treatments on prescription to help you go smokefree.

I will give you practical advice on preparing your quit, making changes to your daily routine and managing cravings. Together we can work out coping strategies for dealing with trigger situations.

You are four times more likely to successfully stop than going it alone.

I look forward to meeting you!

Chris