STOP SMOKING INFORMATION SESSIONS in OCTOBER

The University is working with the Workplace Health Advisor from the Salford City Council to provide some stop smoking information sessions to discuss a flexible and customized approach to "quit Smoking".

If you are you thinking about:

- Quitting,
- Cutting down,
- Moving to an Ecig,
- Wanting to learn more about nicotine replacement therapy,
- Advice on nicotine products (The Specialist Health Advisor can issue vouchers).

The sessions will take place on:

Monday 2nd October, 12 – 12:45
Monday 30th October, 12 – 12:45
(Training room- Crescent House Building – Room 103)

If you would like to book a place or require further information please email Tony Meachin

t.meachin@salford.ac.uk

Stoptober