

**Do you want to quit smoking?
Do you need support to quit?**

**If you answered YES to one or
both these questions than the
Quit Education support service
is for you**

What is Quit Education ?

Our service offers:

- One to one support
- Help you understand why you smoke
- Help you set goals and a plan to quit smoking
- Help you identify coping strategies to stay quit
- Free service

**For further information or to book an
appointment**

Contact Danae Oberin: 5823 3292

QUIT EDUCATION