

Quit Smoking Program

This program is designed to support women who are ready to stop smoking and would like extra support to quit.

3 Hour Workshop

Tuesday 7 June 10am to 1pm

1 Hour Support Sessions: Tuesdays 10am to 11am

14 June, 28 June, 12 July, 26 July, 9 August, 23 August

This program explores the roller coaster physical, mental and emotional aspects of quitting. Learn about Nicotine Replacement Therapy (NRT) and where to access information and support.

Free NRT for the duration of the program*

**Conditions: Up to 3 months supply of NRT is subject to attendance at the initial workshop and subsequent fortnightly support sessions*

Program Cost: Free of Charge

To register attendance and for further details please contact the Centre

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