



6 Week Online Stop Smoking Course

Open to all who would like to stop smoking

Location: Online

Wednesdays from 5.30pm - 7.00pm

Scan the QR code to register online



15th January 2025

Introductory session

19th February 2025

Final session

This six week course will:

- Provide support
- Help develop skills to stop smoking
- Provide advice on stop smoking medications

For more information and to book a place, please contact:

**Department of Preventive Medicine
and Health Promotion**

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