



Stop Smoking Courses

Monday evenings

New 6 week courses start:

9 January 7.30-8.30pm

12 March 7.30-8.30pm

Club Room

Horsham Hospital

free parking

Smoking 20 a day?

Save £2,500 by next Christmas

if you quit on our January course!

Sussex Community 
NHS Trust


SMOKEFREE

Book your place with course leader,
Heather Bourn today:

07795 800174 or

01403 227000 ext 7614

heather.bourn@nhs.net