

Stay Smokefree 2009 Relapse Prevention Meetings

This meeting takes place in the Club Room (turn left at the Friends Coffee Shop) at Horsham Hospital on the **SECOND WEDNESDAY** of each month between 7.30 and 8.30 pm.

Wednesday 12th November 2008

Wednesday 10th December 2008

Wednesday 14th January 2009

Wednesday 11th February

Wednesday 11th March

Wednesday 8th April

Wednesday 13th May

Wednesday 10th June

Wednesday 8th July

Wednesday 12th August

Wednesday 9th September

Wednesday 14th October

Wednesday 11th November

Wednesday 9th December

The meeting provides an opportunity to meet with others who have successfully given up smoking. You will gain encouragement and support from each other by sharing your experiences and discussing your situation with a Stop Smoking Advisor. You will also be able to collect a further prescription for nicotine replacement up to a maximum of 6 months from your quit date.

For more details telephone 01403 223320 or mobile 07795 800174.

Heather Bourn, Specialist Advisor Stop Smoking is also available on a Tuesday afternoon at Courtyard Surgery, London Road, Horsham between 1.30 and 4.00 pm.

Please phone 0844 815 1157 to book an appointment at this clinic.

If by any chance you start to smoke again, please contact us for details of Stop Smoking Groups, or one to one Stop Smoking Clinics.

NEVER GIVE UP GIVING UP

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