

Women's Quit Smoking Group



- A free six week group offering tools, skills and support to give quitting a go.
- Back up from a Health Promotion worker provided to help you on your journey to quit smoking.
- Free nicotine replacement therapy.
- No judgement or pressure and a relaxed and encouraging group environment.

To register or for more info contact: Nerida Colley

Email: hp@lismorewomen.org.au

Phone: 02 6621 9800



Lismore & District
Women's Health Centre Inc.



Date: Every Wednesday,
starting 14.08.2013,
ending 18.09.2013

Time: 10am-12pm

Venue: Lismore Women's
Health Centre (down the hill
from emergency @ Lismore
Base Hospital)

Address: 60 Uralba St,
Lismore, NSW 2480

Cost: Free

Catering: morning tea
provided

