

# NO MORE LECTURES!

**DID YOU KNOW THAT MOST  
SMOKERS WANT TO QUIT?**

**IF YOU'RE ONE OF THEM, WE  
CAN HELP YOU.**

No lectures. Just straightforward, practical and FREE help and support from the NHS. You can even get patches and gum on prescription to help you quit\*.

**ONE YOU KENT**

**E: [KCHFT.HIREFERRAL@NHS.NET](mailto:KCHFT.HIREFERRAL@NHS.NET)**

**[WWW.ONEYOUKENT.ORG.UK](http://WWW.ONEYOUKENT.ORG.UK)**

**This service is delivered on behalf of Kent County Council by the NHS.**

Support sessions starting Monday 08/01/18 in Occupational Health, Keynes College, D Block. Call or text NHS Stop Smoking on **07771875647** to speak to Noreen to book an appointment.

\*prescription charges may apply