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**⭐FREE⭐**

**Stop smoking and weight loss support.**

**👉 Date: Saturday 8th July, Portscatho Surgery**

**👉 Time: Drop in between 9-12**

**👉 No need to book an appointment, just come in for a chat.**

**👉 Take away information on healthier food choices and access body composition scales.**

**👉Discuss the best method for you to stop**

**Smoking. We are a ‘vape friendly’ service.**