

STOP SMOKING DROP-IN SESSIONS

DROP IN TO SEE ONE OF OUR
HEALTH AND WELLBEING
TRAINERS TO SEE HOW
THEY CAN HELP.
NO NEED TO BOOK!



12 WEEK PROGRAMME

ROSS ON WYE @THE HUB, HR9 7AE
1 OCTOBER, 10AM - 2PM

LEOMINSTER CO-OP, HR6 8PX
1 OCTOBER, 10AM - 1PM

COLWALL LIBRARY, WR13 6QT
4 OCTOBER, 10AM - 12PM

MAYLORD ORCHARDS AUTUMN EVENT, HR1 2DT
4 OCTOBER, 10AM - 3PM

ROSS ON WYE MORRISONS, HR9 7AG
7 OCTOBER, 11AM - 12:30PM

HEREFORD BLUESCHOOL HOUSE, HR1 2DU
7 OCTOBER, 11AM - 12PM

KINGTON CO-OP, HR6 8PX
7 OCTOBER, 10AM - 12PM

HEREFORD AIR AMBULANCE CHARITY SHOP, HR1 2DB
9 OCTOBER, 10AM - 2PM

BROMYARD HALO CENTRE, HR7 4EB
11 OCTOBER, 10AM - 12PM

ROSS ON WYE COMMUNITY HOSPITAL, HR9 5AD
15 OCTOBER, 9:30AM - 12PM

LEDBURY LIBRARY, HR8 1EA
18 OCTOBER, 10AM - 12PM

ROSS ON WYE TOWN MARKET, HR9 5NX
23 OCTOBER, 9AM - 1PM

CRADLEY BRITISH LEGION, WR13 5LT
24 OCTOBER, 19:30PM - 21:30PM

KINGTON BURTON HOTEL, HR5 3BQ
24 OCTOBER, 10AM - 1PM



FREE VAPE KITS



SUPPORT NETWORK



ACCESS TO NRT