

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!**





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



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

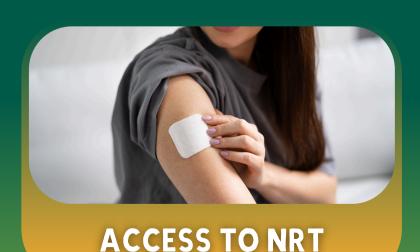
KINGTON BURTON HOTEL, HR5 3BQ 24 OCTOBER, 10AM - 1PM



FREE VAPE KITS



SUPPORT NETWORK



HLTS@HEREFORDSHIRE.GOV.UK