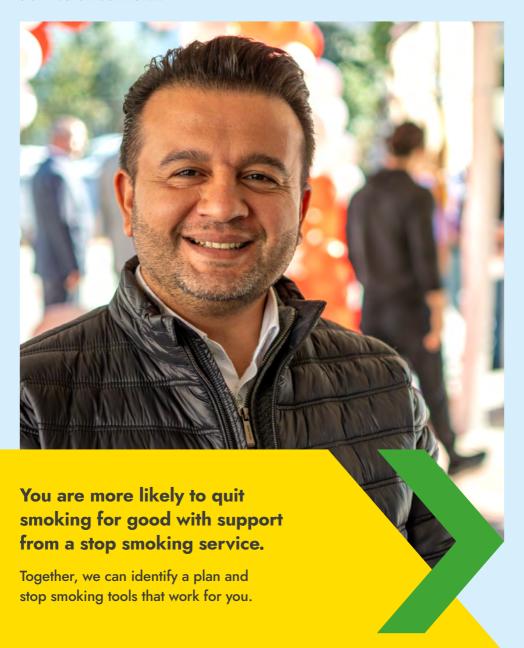
## SMOKEFREE ST>RTS

**DONCASTER** 

STOPPING SMOKING STARTS HERE





## The support available includes:

- · Personalised quit plans
- · Free nicotine replacement therapy
- · Vape starter kits
- · In-person or virtual check-ins
- · Online group sessions

We offer ongoing support during your stop smoking journey. We will set your quit date and celebrate your achievements to keep you on track.

## Find your local service:



doncaster.yorkshiresmokefree.nhs.uk 0800 612 0011 (free from landline) 0330 660 1166 (free from landline)

## SMOKEFREE ST>RTS

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