

Benefits of...

Stopping smoking

Medical Benefits

NEWSFLASH:

**Stop Smoking
drop-in clinic is
back!**

(on a temporary basis -
no appointment
needed)

**Tuesday evenings from next
week (17th). 6-7pm at
Gilbert Bain Hospital
(Outpatients)**

...ent
...or smell and taste
improve



You can make a change to improve your health today



If you would like support, or more information, you can contact Health Improvement on 01595 807494, or at your local health centre