

THE QUIT CAFE



The Quit Café helps smokers to quit whether they are ready to quit or just thinking about it.

Free samples of Nicotine Replacement Therapy

The Quit Café is a free monthly venue to:

- Learn what really works from a psychologist & medic
- Get motivated to quit and stay quit
- Build on your strengths
- Find encouragement and acceptance
- Have a free cuppa and talk to others who want to quit

2nd Tuesday of every Month:
6.00pm – 8.00pm

10th November & 8th December 2009
12th January, 9th February, 9th March 2010
13th April, 11th May, 8th June 2010

Venue: Education Room MEO 25
Coffs Harbour Hospital

To Register phone the Mid North Coast
Division of General Practice on 6651 5774



Supported by the Woodend Foundation managed by Trust Company Ltd

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