

**want to
break free from
the Smoking habit?**

for free professional help
and a course of
Nicotine Replacement Products
e.g. patches, gum, lozenge
contact

01432 262019

or

stopsmoking@herefordpct.nhs.uk

Herefordshire Stop Smoking Service

or make an appointment at
your doctor's surgery,
or see your local pharmacist

Herefordshire 
Primary Care Trust