

Quit@work

WANT TO GIVE UP SMOKING?

Knowsley QUIT@WORK is your FREE stop smoking service offering friendly advice and practical help to any one who wants to give up.

Knowsley Council can help your employees to

- Make a plan to stop
- Deal with cravings
- Stay smoke free
- Have access to Nicotine Replacement Therapy (NRT)

HELP is given through a series of group meetings, over an 8 week period, within your own workplace.

For further information
Call 0151 443 4723

