



# HEALTHY QUIT

FREE 7 WEEK PROGRAM

## HEALTHY QUIT

Monday 22 June to 3 August. Registrations are essential. Please email [hayden.fox@healthytasmania.com.au](mailto:hayden.fox@healthytasmania.com.au) to register and to be sent an information pack. You will be required to visit your GP prior to participating in this program.

PROGRAM PARTNER



### FREE 7 Week Program !

Healthy Quit is a group program to help you to QUIT smoking. The 7 week program is fun, interactive and non-judgemental and you will get to meet a bunch of health professionals that can help you along the way. Benefits include Free - Carbon monoxide monitoring, counselling, nicotine replacement therapy or quitting medications; Financial reward for program completion.

### OTHER INFORMATION

Sessions will be held at Neighbourhood House, 187 Agnes Street George Town. Numbers are strictly limited to allow us to abide by social distancing

### CONTACT DETAILS

Hayden Fox - phone 0438 386 025  
[hayden.fox@healthytasmania.com.au](mailto:hayden.fox@healthytasmania.com.au)

### How to Register

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