

**I'M PROUD TO
BE A QUITTER**
NO SMOKING DAY 11 March 2015

I WANT TO QUIT

No Smoking Day: the day you start to stop

No Smoking Day 2017 will be on March 8th, but you can quit on any day of the year with the help of the Occupational Health Safety and Wellbeing Service

- *Thinking about giving up?*
- *How do I go about it?*
- *What help is available?*
- *Want to find out more?*



Coventry City Council Occupational Health Safety and Wellbeing Team has lots of free information, advice and support not only for employees who want to stop smoking, but also those who are *considering* giving up smoking.

We will be visiting several workplaces citywide in the run up to No Smoking Day so that staff will have the opportunity to ask questions and discuss any concerns that they have, without obligation. We also have free information packs to give away.

We plan to visit workplaces on Wednesday 8th March so if you would like us to call at your workplace please contact us. We also run a Smoking Cessation Course, available at 3 City Arcade.

If you would like more information, a free information pack, or an appointment please contact **Margaret or Angie on ext 3192 or ext 3203**. If we are not available don't put it off, contact the Occupational Health on ext 3285 to make an appointment or email:

margaret.harrison@coventry.gov.uk/angela.regette@coventry.gov.uk