

Stop Smoking Groups

(September – December 2008)

Six week Courses in the Club Room, Horsham Hospital

<p>Monday Evenings Club Room - Horsham Hospital 7:30 – 8:30pm</p>	<p>Saturday Mornings Club Room - Horsham Hospital 9:30 – 10:30am</p>	<p>Monday Evenings Club Room - Horsham Hospital 7:30 – 8:30pm</p>
<p>Monday 8th September 2008 Monday 15th September Monday 22nd September Monday 29th September Monday 6th October Monday 13th October</p>	<p>Saturday 11th October 2008 Saturday 18th October Saturday 25th October Saturday 1st November Saturday 8th November Saturday 15th November</p>	<p>Monday 3rd November 2008 Monday 10th November Monday 17th November Monday 24th November Monday 1st December Monday 8th December</p>
<p>Relapse Prevention Meeting 7.30 -8.30pm Wednesday 12th November</p>	<p>Relapse Prevention Meeting 7:30 – 8:30pm Wednesday 10th December</p>	<p>Relapse Prevention Meeting 7:30 – 8:30pm Wednesday 14th January</p>

Clinic appointments for one to one sessions with a Stop Smoking Advisor also available.

Contact: Heather Bourn
Specialist Stop Smoking Advisor – Horsham
01403 223320 07795 800174
Or West Sussex Stop Smoking Helpdesk 01903 708000