



**Get the support you need to quit for good.**

We Can Quit is a free group programme for people who want support to quit smoking.

The programme runs for 7 to 12 weeks and offers you free stop smoking medication, a weekly stop smoking group, and 1-1 support. You get support to quit from a local facilitator, people in your group and a local pharmacist.

You are 5 times more likely to quit for good if you:

* commit to quit for 28 days
* get support to change your behaviour
* use stop smoking medicines

We Can Quit is offered by the HSE in partnership with Clonmel CRC.

**Location:** Clonmel Community Resource Centre, Kickham Street, E91 P2N5

**Dates:** 20th March, 27th March, 3rd April, 10th April, 17th April, 24th April and 1st May

**Time:** 7:00pm to 8:30pm

Registration for the programme is now open in Clonmel. For further Details please

**Contact:** Geraldine Moloney (087 1880690) **Contact:** Catherine Murphy

**Email:** Geraldine.Moloney@hse.ie **Email:** [Healthycommunities@clonmelcrc.ie](mailto:Healthycommunities@clonmelcrc.ie)

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