





Essex Lifestyle Service



For a **healthier**, happier you!



essexlifestyleservice.org.uk | 0300 303 9988





## STOP SMOKING SUPPORT

The Stop Smoking clinics available in this area are:

Witham Sport Centre - Thursdays 3.30pm - 5.30pm Witham Library - Every other Friday 9.00-12.00pm St Peters Hospital ARU - Maldon Tuesday - 5.00pm - 6.00pm Longfield Medical Centre - Maldon Wednesday - 2.00pm - 4.00pm

Also Available:

Telephone clinics - Daytime, Evening and Saturday morning.

Coming Soon

Stop Smoking Support Via a phone app.

Call to book an appointment on 0300 303 9988 Mon - Friday 8.00am - 8.00pm



📞 0300 303 9999 🗳 www.provide.org.uk