

Your local stop smoking club in Batley



Make 2011 the time for you

"They listened and didn't judge me. They can help you too"

Helen, Cleckheaton

Tuesday 18 January 2011
5.30 – 6.30pm
Batley Health Centre

Want to join?

Call us on 01924 351498

7 week programme including:

- Stress management
- Tips to avoid gaining weight
- Exercise session with free resistance band
- The chance to speak to an ex-smoker in a relaxed friendly atmosphere at Batley Health Centre



free to join

