



Stopping Smoking

One to one support from your
local pharmacy



More than half the people who smoke (66% in 2009) really would like to kick the habit.

Our trained pharmacy staff are qualified to provide the NHS 10 week counselling service to anyone who is determined to have a go at quitting. You know you can do it and you know you want to!

Think of the advantages to your pocket as well as the obvious ones to your health. The service is informal on a one to one basis at a time that suits you.

Let us measure your Carbon monoxide (CO) levels. CO in the blood stops the oxygen getting around the body.

Call in today and have your carbon monoxide levels measured.

Appointments for our support service are available all week at a time convenient to you.



Newland Community Pharmacy

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NUMARK

Your local community pharmacy