

# STOP SMOKING AND MENTAL HEALTH AN EVENT FOR EVERYONE



**Ever thought about stopping?**

**Want to help others to stop?**

**Join us! On Wednesday 12 October 2011**

**At the Owen Centre, Lewisham Hospital**

**From 10.30 – 2.30**

**Free refreshments throughout the day**

-  Hear speakers with real experience
-  Information bays
-  Lively workshops
-  Think about how we can best work together.
-  Find out more about the new Lewisham Stop Smoking Mental Health Service...find out more or book call **Matt 07824 521 368** or **Miriam 07969 009559**