

# QUIT YOUR WAY

with our support



## Feel Like a Winner....

Did you know that someone who smokes 20 cigarettes per day can save over **£3000** in a year if they stop smoking now.



To find out about free, professional support available in Renfrewshire call us on:

**01505 821316**

or visit:

[www.nhsggc.org/smokefreeservices](http://www.nhsggc.org/smokefreeservices)

Charleston  
Centre  
Mondays  
10am – 12pm  
(Drop-in)

Renfrew  
Health Centre  
Mondays  
3pm – 5pm  
(Drop-in)

Lloyds  
Pharmacy  
Tannahill Centre  
Tuesdays  
9.45am –  
11.45am  
(Drop-in)

Lloyds  
Pharmacy  
Linwood  
Tuesdays  
2pm – 4pm  
(Drop-in)

Johnstone  
Health Centre  
Wednesdays  
6.30pm –  
7.30pm  
(Group)

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