



Health Improvement Team

Will you be our next **Quit Hero?**

**We've helped
thousands of
local people
quit smoking.**

If you've decided now is the time to improve your health and save money, come and talk to us.

**Turn over for details on
local sessions.**

**Quit
hero**

**Mark
from Widnes**

**"I quit for a
better lifestyle"**



Contact us for friendly advice & more information
on local sessions in Runcorn and Widnes:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk


SMOKEFREE


HALTON
BOROUGH COUNCIL

Drop in Sessions

Day	Venue	Drop in (for EXISTING clients only)	Enrolment (for NEW clients only)
Monday	Upton Community Centre Hough Green Road, Widnes	10.30am-11.30am	9.30am
	Widnes Indoor Market Bradley Way, Widnes WA8 6UE	12 midday-2pm	
	Halton Direct Link Halton Lea, Runcorn WA7 2ES	1.30pm-2.30pm	3pm
	Kingsway Library Kingsway Learning Centre, Widnes, WA8 7QU	4.45pm-5.45pm	6pm
Tuesday	Castlefields Community Centre The Village Square, Runcorn, WA7 2HR	10.30am-11.30am	10am
Wednesday	Widnes Indoor Market Bradley Way, Widnes WA8 6UE	10am-12 midday	
	Halton Brook Community Centre Meadway, Runcorn, WA7 2DX	3pm-4pm	2pm
	Windmill Hill Children's Centre Norton Hill, Runcorn WA7 6QE	6pm-6.45pm	5pm
Thursday	Palacefields Community Centre The Uplands, Runcorn, WA7 2UA	10am-10.45am	11am
	Widnes Indoor Market Bradley Way, Widnes WA8 6UE	10am-2pm	
Friday	Widnes Indoor Market Bradley Way, Widnes WA8 6UE	10am-12pm	
	Murdishaw Community Centre Barnfield Avenue, Runcorn WA7 6JW	10.30am-11.30am	9.30am
	Ditton Community Centre Dundalk Road, Widnes WA8 8DF	2.30pm-3.30pm	1.30pm

1:1 Sessions - by appointment only

Day	Venue	Appointments available between:
Monday	St Paul's GP Surgery High Street Runcorn WA7 1AB	9am-12 midday
Tuesday	Kingsway Library Kingsway Learning Centre, Widnes, WA8 7QU	9am-12 midday
Wednesday	Castlefields GP Surgery The Village Square, Runcorn, WA7 2ST	9am-11am
	Brookvale GP Surgery Hallwood Health Centre, Runcorn, WA7 2UT	2pm-3.30pm
Thursday	Health Care Resource Centre Oaks Place, Widnes, WA8 7GD	9am-12 midday

Home Visits are available on request.

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hero**