

# WANT TO STOP SMOKING OR VAPING?

# WANT TO STAY FREE AND IN CONTROL?

**5 WEEK GIVE UP SMOKING//VAPING COURSE**

**STARTS SUNDAY JUNE 30th 5:15 - 6:45pm**



Heather supports and equips you, in a positive way, over this five-week programme, to **empower you to stop smoking and not start again**. We will be using various tools and techniques, including hypnotherapy, mindfulness, breathwork and CBT.

You will learn new skills that will last well beyond the programme and that can help in other areas of your life.

This is a small group program with only 6 spaces. This means it can be personalised to each individual and their specific support needs. For a chat about the course or for future dates email [heather@heatherandrew.co.uk](mailto:heather@heatherandrew.co.uk)

**£150 INTRODUCTORY OFFER**

Book now at...

[www.tidycal.com/heatherandrew/stopsmoking](http://www.tidycal.com/heatherandrew/stopsmoking)

Or contact the studio directly at...

[hello@studioeightwells.co.uk](mailto:hello@studioeightwells.co.uk)



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