



Would you like to try an alternative way to give up smoking? Find out how Acupuncture can help you quit.

Acupuncture can:

- **Minimise your craving**
 - **Calm your mind**
 - **Strengthen your will power**

Come along to our information session on **Thursday 26th Oct 1-2pm @ The Energise Centre** and find out more.

Information session

Thursday

26th Oct

1-2pm @

Energise Centre
Live life to the full



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