

Come along to a Quit Your Way training workshop

NHS Tayside's Quit Your Way team is encouraging individuals to take part in training sessions which offer information and advice about the different ways to stop or refrain from smoking.

The next training sessions are:

- **Medications and Stopping Smoking** – This is a course for anyone living, working or volunteering in Tayside who would like to know more about smoking cessation medications and stopping smoking.

Wednesday, January 22, 2025 · 10 - 10:30am

<https://www.eventbrite.co.uk/e/1014619473157?aff=oddtcreator>

- **Impact Training** – a course for staff who support people with lived experience of mental ill-health to start conversations about stopping smoking.

Wed, 5 Feb 2025 13:00 - 15:30

<https://www.eventbrite.co.uk/e/1015223931107?aff=oddtcreator>

- **Very Brief Advice** - an online course which will help staff raise the topic of tobacco addiction and signpost people to appropriate support to stop smoking

Wednesday, February 12, 2025 · 10 - 10:30am

<https://www.eventbrite.co.uk/e/1015269096197?aff=oddtcreator>

- **How to Stop Smoking in Tayside**– an online course for anyone who would like to know more about how to access stop smoking advice/ services in Tayside

Wednesday, March 12, 2025 · 2 - 3pm

<https://www.eventbrite.co.uk/e/1015339276107?aff=oddtcreator>

- **Vaping in Tayside – Adults & Young People**
This is a course for anyone living, working or volunteering in Tayside who would like to increase their awareness and knowledge regarding e-cigarettes / vaping.

Wednesday, March 19, 2025 · 10 - 11am

<https://www.eventbrite.co.uk/e/1015351312107?aff=oddtcreator>