

# Get free expert help from our stop smoking service

Pop into any of our drop-in sessions across Counties Manukau or contact us to learn more and book in.

Start your smokefree journey today!  
Call 0800 569 568 or free text 'NOW' to 590



<b>Monday</b>	<b>Takanini Library</b> 12:30 - 2pm			
<b>Tuesday</b>	<b>Local Doctors - Dawson Road</b> 10:30 - 11:30am*	<b>Middlemore Hospital - Western Campus</b> 3:30 - 5:30pm*		
<b>Wednesday</b>	<b>Clendon Medical Centre</b> 9:30 - 10:30am	<b>Papakura Old Central School Hall</b> 10:30am - 12:30pm	<b>Southmall Manurewa</b> 11:30am - 1pm	<b>Manukau SuperClinic</b> 4:30 - 5:30pm*
<b>Thursday</b>	<b>Māngere Arts Centre</b> 10:30am - 12pm	<b>Friendship House He Whare Tangata</b> 11am - 12pm	<b>Ōtara Music Arts Centre</b> 11am - 12:30pm	
<b>Friday</b>	<b>Middlemore Hospital - Western Campus</b> 9am - 3pm	<b>Pukekohe Franklin Family Support Services</b> 9:30 - 11am	<b>Tuakau Health Centre</b> 11:30am - 12:30pm	<b>Manurewa Library</b> 11:30am - 12:30pm
<b>Saturday</b>	<b>Middlemore Hospital - Western Campus</b> 10-11:30am*	<b>Manukau SuperClinic</b> 10-11:30am*		<b>Limited bookings available*</b>