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Kent Community Health **NHS**
NHS Trust

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Stop Smoking Service
Kent Community Health NHS Trust
Westcliff House, West Cliff Gardens
Folkestone
CT20 1SZ
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Lungs4Life Awareness Day

Saturday 12 May 2012

10am - 1pm

St George's Medical Centre,
St George's Avenue,
Sheerness

Ever wondered how your lungs are doing? Concerned about the effect that smoking might be having?

The **Lungs4Life** day is for people who want to find out more about lung disease, and have their lung function tested so you can make an educated and informed decision about smoking.

Even if you don't have any symptoms, this is your opportunity to come along and find out more about how your lungs work, how yours are doing and why it's important to keep your lungs healthy.

Our friendly and professional team can either put your mind at rest or help you get the right treatment, if needed.

There will also be trained Stop Smoking Advisers on hand to give you information if you are thinking of quitting, including support and products.

No booking required, just turn up on the day. Look forward to seeing you there

Yours sincerely

GP Practice