



HEALTH TALK (ONLINE)

30 May 2024, Thursday, 3pm – 4pm

Zoom (*Details will be provided after registration*)

Are You Ready To Quit Smoking?

By TTSH Nursing Department

Quitting smoking is challenging, but you don't have to do it alone.

We're here to support you on your journey to become smoke-free!

Join Senior Nurse Clinician Lathy and Principal Pharmacist Kwee

Keng as they share valuable tips and skills to help you successfully quit smoking.



Register your interest by scanning the QR code

Alternatively, you can access the registration form using this link: <https://form.gov.sg/6626188dcd2185d32ea512a3>

If you face any technical issues during registration, please contact us at:

Call: **8126 3623**

(Mon – Fri, 10am – 4pm)

Email: mohammad_hasri_kamsani@ttsh.com.sg

Registration Closing

Date: **27 May 2024, 12pm**

