

## Webinar Links

Topics	Dates	Links
Weight gain after quitting smoking	October 2019	<a href="https://www.youtube.com/watch?v=PEnVDP_hp00">https://www.youtube.com/watch?v=PEnVDP_hp00</a>
Supporting people struggling to quit	September 2019	<a href="https://www.youtube.com/watch?v=mkEFE07ZaUo&amp;feature=youtu.be">https://www.youtube.com/watch?v=mkEFE07ZaUo&amp;feature=youtu.be</a>
Behavioural support for Smoking Cessation	28 <sup>th</sup> of August 2019	<a href="https://www.youtube.com/watch?v=HyZ9qblkWnw">https://www.youtube.com/watch?v=HyZ9qblkWnw</a>
Financial Incentives for Smoking Cessation	6 <sup>th</sup> August 2019	<a href="https://www.youtube.com/watch?v=ssTMnZanW80&amp;feature=youtu.be">https://www.youtube.com/watch?v=ssTMnZanW80&amp;feature=youtu.be</a>
Varenicline for Smoking Cessation	July 2019	<a href="https://www.youtube.com/watch?v=jRAGx19-ZR0">https://www.youtube.com/watch?v=jRAGx19-ZR0</a>
Antidepressants for smoking cessation	June 2019	<a href="https://www.youtube.com/watch?v=3eL-kOyAR8E">https://www.youtube.com/watch?v=3eL-kOyAR8E</a>
Helping Young People Stop Smoking	May 2019	<a href="https://www.youtube.com/watch?v=Ox2LCeAlO4">https://www.youtube.com/watch?v=Ox2LCeAlO4</a>
Helping People with Mental Illness Quit Smoking	March 2019	<a href="https://www.youtube.com/watch?v=DRwH7A5t9W0&amp;feature=youtu.be">https://www.youtube.com/watch?v=DRwH7A5t9W0&amp;feature=youtu.be</a>
Smoking Cessation prior to Surgery	February 2019	<a href="https://www.youtube.com/watch?v=dhYoSLHoJy8">https://www.youtube.com/watch?v=dhYoSLHoJy8</a>
Cutting Down to Quit	December 2018	<a href="https://www.youtube.com/watch?v=HwTmS3Fb--c&amp;feature=youtu.be">https://www.youtube.com/watch?v=HwTmS3Fb--c&amp;feature=youtu.be</a>
Understanding 4 Week Post Target Quit Date Measurement & Validations	October 2018	<a href="https://www.youtube.com/watch?v=s8aNj8PL_Lg&amp;feature=youtu.be">https://www.youtube.com/watch?v=s8aNj8PL_Lg&amp;feature=youtu.be</a>
Family Starts meets Stop Smoking Services	August 2018	<a href="https://www.youtube.com/watch?v=6yzVVsU2pb0&amp;feature=em-">https://www.youtube.com/watch?v=6yzVVsU2pb0&amp;feature=em-</a>

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Update on Vaping for Stop Smoking Services	July 2018	<a href="https://www.youtube.com/watch?v=mhj1bQyIVxo&amp;feature=em-">https://www.youtube.com/watch?v=mhj1bQyIVxo&amp;feature=em-</a>
Utilising whanau, friends and other social support in smoking cessation programmes	April 2018	<a href="https://www.youtube.com/watch?v=LsZtXOIMhLE&amp;feature=em-">https://www.youtube.com/watch?v=LsZtXOIMhLE&amp;feature=em-</a>
Everything you need to know about NRT...and more	March 2018	<a href="https://www.youtube.com/watch?v=uXb8pdl88Qw&amp;feature=youtu.be">https://www.youtube.com/watch?v=uXb8pdl88Qw&amp;feature=youtu.be</a>
Vapourisers (E-cigarettes)	December 2017	<a href="https://www.youtube.com/watch?v=0HTXuciRWuQ&amp;feature=em-">https://www.youtube.com/watch?v=0HTXuciRWuQ&amp;feature=em-</a>
Helping Pregnant Women Stop Smoking	November 2017	<a href="https://www.youtube.com/watch?v=0ExsvF3dLLc&amp;t=23s">https://www.youtube.com/watch?v=0ExsvF3dLLc&amp;t=23s</a>
Long Term Nicotine Use	October 2017	<a href="https://www.youtube.com/watch?v=XPqYmQzfK88">https://www.youtube.com/watch?v=XPqYmQzfK88</a>