Health promotion insert 8.1

Front surface





Health promotion insert 8.2

Front surface



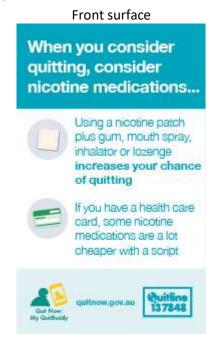


Health promotion insert 8.3





Health promotion insert 8.4





Health promotion insert 8.5

Front surface





Health promotion insert 8.6







Talk to your doctor or pharmacist about the different options available to you.

Health promotion insert 8.7

Front surface



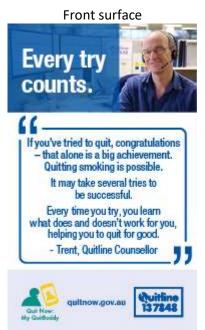








Health promotion insert 8.8





Health promotion insert 8.9

Front surface

Changing your routine can help

Does your early morning coffee trigger you to have a smoke?

Try having your shower before your coffee.

What other changes could you make?



Back surface



quitnow.gov.au

Even small changes can help.

Health promotion insert 8.10

Front surface

Quit together, quit for good

- Quitting is easier if you do it together
- Remind each other about your goals
- Support each other through ups and downs
- · Be stronger together!



Back surface



A free smartphone app that can connect you with others who are trying to stop smoking.

quitnow.gov.au

