

**Benefits of
quitting and
being a
non-smoker**

**BETTER
HEALTH**

**MORE
ENERGY**

**MORE
MONEY**



**Carbal Medical
Services**



Toowoomba

104 Mary Street

Phone: 07 4639 7300

Fax: 07 4639 7399

Mob: 0409 011 375

Warwick:

55 Wood Street

Phone: 07 4661 0800

Fax: 07 4639 7399

Mob: 0409 196 014

**Business
Hours:**

8.30-4.30PM
MON-FRI

www.carbal.com.au

FOLLOW
US ON....



SMOKING

**ready to quit
Ask us how..**



HEALTHY MURRI

QUIT

THE DURRI



HEALTHY MURRI QUIT THE DURRI

Tackling Indigenous Smoking

AIM:

REDUCE SMOKING RATES

**IMPROVE OVERALL
HEALTH**

**EDUCATION ABOUT
THE RISK OF SMOKING
DURING PREGNANCY**

**EDUCATION ON RISKS &
DAMAGES OF SMOKING**

**EDUCATION ON
QUITTING SMOKING**

PROGRAM INCLUDES:

**ONE ON ONE
APPOINTMENTS**

GROUP DISCUSSION

SUPPORT GROUPS

COMMUNITY EVENTS

COMMUNITY FORUMS

QUITLINE

SUPPORT LINKS:

www.qld.gov.au/quit

www.health.qld.gov.au

www.carbal.com.au

www.nicotine.com.au

www.healthinfont.ecu.edu.au

CONTACT:

0409 011 375

Toowoomba

0409 196 014

Warwick &
Goondiwindi

Quitline
137848

VERSION 2 January 2017

