

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

JENNY-LEE CARR

Warwick:

55 Wood Street

Phone: 07 4661 0800

Fax: 07 4639 7399

Mob: 0409 196 014

LEE LINGWOODOCK

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.healthinfonet.ecu.edu.au

CONTACT:

Jenny-Lee Carr
0409 011 375

Toowoomba

Lee Lingwoodock
0409 196 014

**Warwick &
Goondiwindi**

Quitline
137848

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