

# Quit Cafes

# on Demand

Healthy Lifestyle  
Program



- ◆ We offer a friendly informal support group to assist Aboriginal smokers to quit.
- ◆ We are available to visit your community or service and support your staff to help their clients on their Quit journey
- ◆ Empower smoker's to make the right choice to quit
- ◆ Call the Team on 63345721 for more info or to book a Quit Café

[www.wontcrushus.com](http://www.wontcrushus.com)

# Smoking

# Education

Healthy Lifestyle  
Program



- ◆ Theory and interactive sessions to engage 10-12 year olds
- ◆ Designed to lower the uptake of smoking within our target age group
- ◆ Increasing the awareness of the risks and long term effects of smoking
- ◆ Giving young people the knowledge to make smarter healthier choices
- ◆ Call the Team on 63345721 for more info

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