

The effects of smoking are now plainer to see



CIGARETTES

QUITTING WILL IMPROVE YOUR HEALTH

Health Authority Warning

CALL QUITLINE TODAY

Quitline 131 848

Quitting smoking at any age benefits your health and fitness. Quitting reduces your risk of developing diseases such as cancer, heart attack and stroke. In the case of heart attack, the risk is halved one year after quitting.

You CAN quit smoking. Call Quitline 131 848, talk to your doctor or pharmacist, or visit www.quitnow.info.au

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