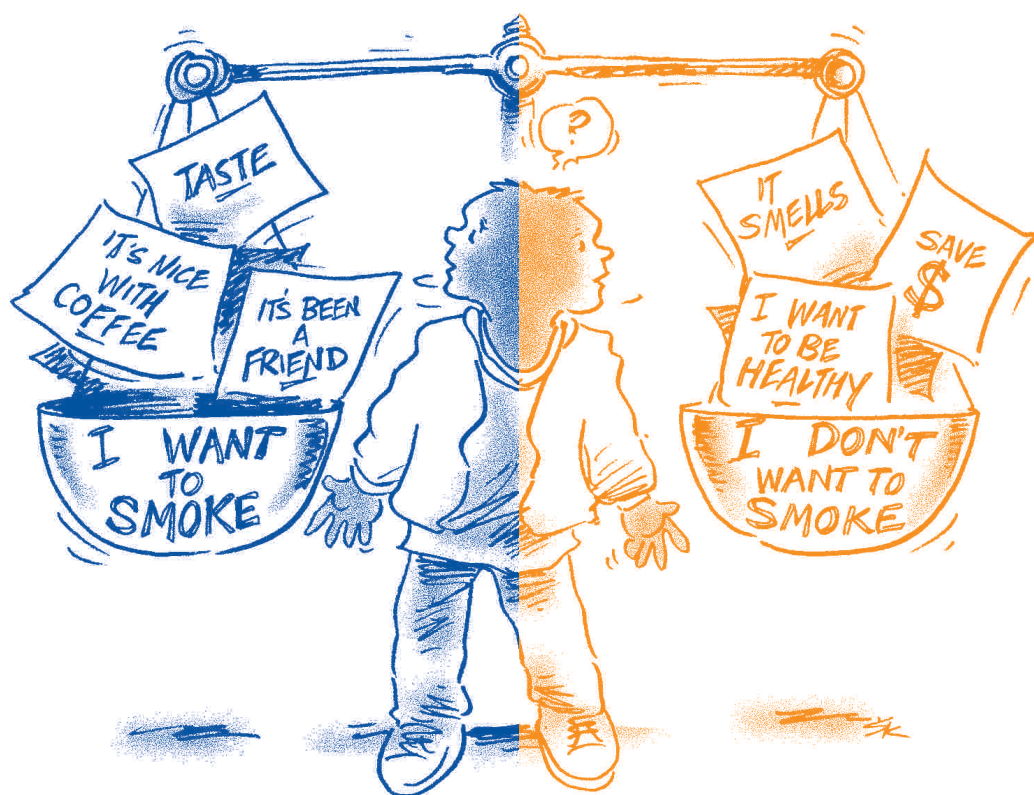


# Are you worried about smoking tobacco?



If you want to quit smoking or cut down

- You can
- talk to your doctor or health worker
  - call the  Quitline 131 848
  - ask about a support group.