

BREAK FREE TO SMOKEFREE

**Breakfree to Smokefree Aotearoa,
for the next generation.**

Visit **breakfreetosmokefree.nz**



Scan for website

For free support and Nicotine
Replacement Therapy from a quit
coach, scan the QR code.

Health New Zealand
Te Whatu Ora

THINK YOU CAN'T LIVE WITHOUT SMOKES?

withdrawals can be tough,
but with support and
a bit of distraction,
you can break through it

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