

Free Quit Smoking – Breathe Well Information Sessions

Sessions available in:

**Arabic, Cantonese, Dinka, Greek, Hindi, Italian,
Macedonian, Mandarin, Punjabi, Swahili, Turkish,
Vietnamese and plain English.**

Other languages may also be available with an interpreter.

FREE information sessions to learn about

- **The benefits of quitting**
- **How smoking affects your health**
- **Where to get help to stop smoking**

To book and for further information:

Visit: www.cancervic.org.au/languages/health-sessions

Or contact:

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