

Quit for Christmas.

Start your smoke-free journey today.



0800 NO SMOKE (0800 667 665) www.nmdhb.govt.nz/stop-smoking-services

Health Bytes: an online hub for health information

To ensure the right health messages reach parents and young people in our region, the Public Health Service has launched *Health Bytes*.

Health Bytes is an online hub of up-to-date resources that can be downloaded and used in early childhood centre and school newsletters.

Go to *Health Bytes* for information about sleep habits, keeping kids hydrated and how to be sun smart. New topics will be added to the website regularly.

You can use this information in your newsletters, on your website and social media. Go to *Health Bytes* at www.nmdhb.govt.nz/health-bytes



ONLINE RESOURCES FOR PARENTS, EARLY CHILDHOOD CENTRES AND SCHOOLS IN NELSON MARLBOROUGH

LET'S talk ABOUT... becoming smokefree

Start your journey today towards a healthier, smokefree Christmas.

After only three days of being smokefree your senses of taste and smell begin to improve. Which is great timing for Christmas lunch and those summer BBQ's right?

It's also your chance to be wealthier by Christmas. Imagine how much extra cash you'd have to put towards holiday fun and family if didn't have to finance your habit.

If you don't smoke, then consider helping someone who does to stop – the gift that keeps on giving!

Our quit smoking services are free for all smokers in the Nelson Marlborough region. Our quit coaches are waiting to hear from you.

Get in touch today or ask your GP or midwife to refer you.

Karen Vis
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Taking medicines? Have questions? Please ask.



newzealand.govt.nz



#PSWNZ