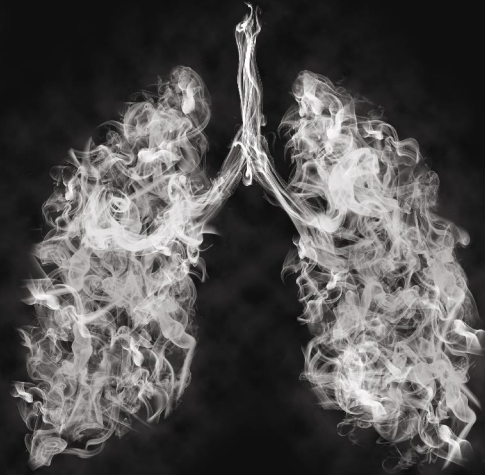


Quit Smoking Initiative



Need help to quit smoking and improve your health?

Reasons to quit!

Smoking can ruin your health and quality of life.

Research shows that smoking causes cancer, heart disease and doubles your risk of a stroke.

We can help.

The **Quit Smoking Initiative** is a program run by CS Health professionals to help you quit smoking and improve your health.

The program includes:

- 3 sessions with a health professional
- Telehealth across NSW or face-to-face at the CS Health Speers Point office
- Personalised plan and goal setting
- Resources to help prevent relapse
- Updates on progress to your GP

Workers who are referred to a specialist Respiratory Physician under Order 43 and are recommended to quit smoking may be eligible to access this program free of charge.

Are you ready to join the Quit Smoking Initiative?

To join the program:

Call CS Health on 1800 CSH MED (1800 274 633) to discuss your eligibility and how to participate in this initiative.

