

**Tackling Indigenous Smoking**



**Thinking of quitting?**  
For advice and support  
Contact Winda-Mara on  
**03 5527 0000**

**Charmaine Barker**  
**TIS Christmas Challenge**

Mother of 5, Charmaine started smoking when she was 15 years old, she realised she was in poor health when she struggled to walk up the stairs to her home. She signed up for the T.I.S Biggest Loser Challenge with goals set to stop smoking and lose 15kg by the end of the 14 weeks.

Charmaine has been smoke-free since 8th October 2017 and has lost 8.1kg since completing the challenge. She can now easily walk her children to kinder and school and has stated she feels great since quitting smoking and becoming more active.



**Winda-Mara**  
Aboriginal Corporation  
[www.windamara.com.au](http://www.windamara.com.au)

