



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

Deb Malseed

TIS Christmas Challenge

“ Make the most of the support around you when starting your quit journey ”

Deb has been smoke free for 140 days. She took up smoking at the age of 15 years old. Sometimes smoking up to 25 cigarettes a day. Her motivation to quit was her love for her Grandchildren, she wants to be around to watch them grow and achieve in life. Deb quit smoking by going cold turkey, she had the support of the Tackling Indigenous Smoking workers and QUIT Txt. Since quitting she has saved money and her health has improved.

