



Government of Western Australia  
WA Country Health Service



# Ngamari Free



## Smoking while boodjari harms you and bub

- Increase chance of miscarriage or stillbirth
- Your baby may be born too early
- Increase chance of sudden unexplained death of an infant
- Low birth weight
- Weaker lungs, brain and heart

## Giving up is best for mum and bub

- Improve health and wellbeing
- More money in your pocket
- Your baby will be strong and healthy
- Less harmful chemicals in your blood

## Give bub the best start in life, Be ngamari free!

Call the No More Ngamari team on (08) 9690 2888  
and enrol in the 12 week quit support program.



**Wheatbelt Aboriginal Health Service**

WA Country Health Service

Telephone: (08) 9690 2888

65 Wellington Street, Northam, Western Australia 6401

**Our Values: Community | Compassion | Quality | Integrity | Equity | Curiosity**



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