

**Smokers have a higher risk of developing type two diabetes than non-smokers.
Smokers who have diabetes are at extra-high risk for heart attack,
stroke and other serious health problems.**



**Be ngamari (smoke) free, live long, stay strong and breathe easy.
For more information about quit support services, please call Wheatbelt Aboriginal Health
Service and speak to the No More Ngamari team on (08) 9690 2888.**