



Government of Western Australia
WA Country Health Service

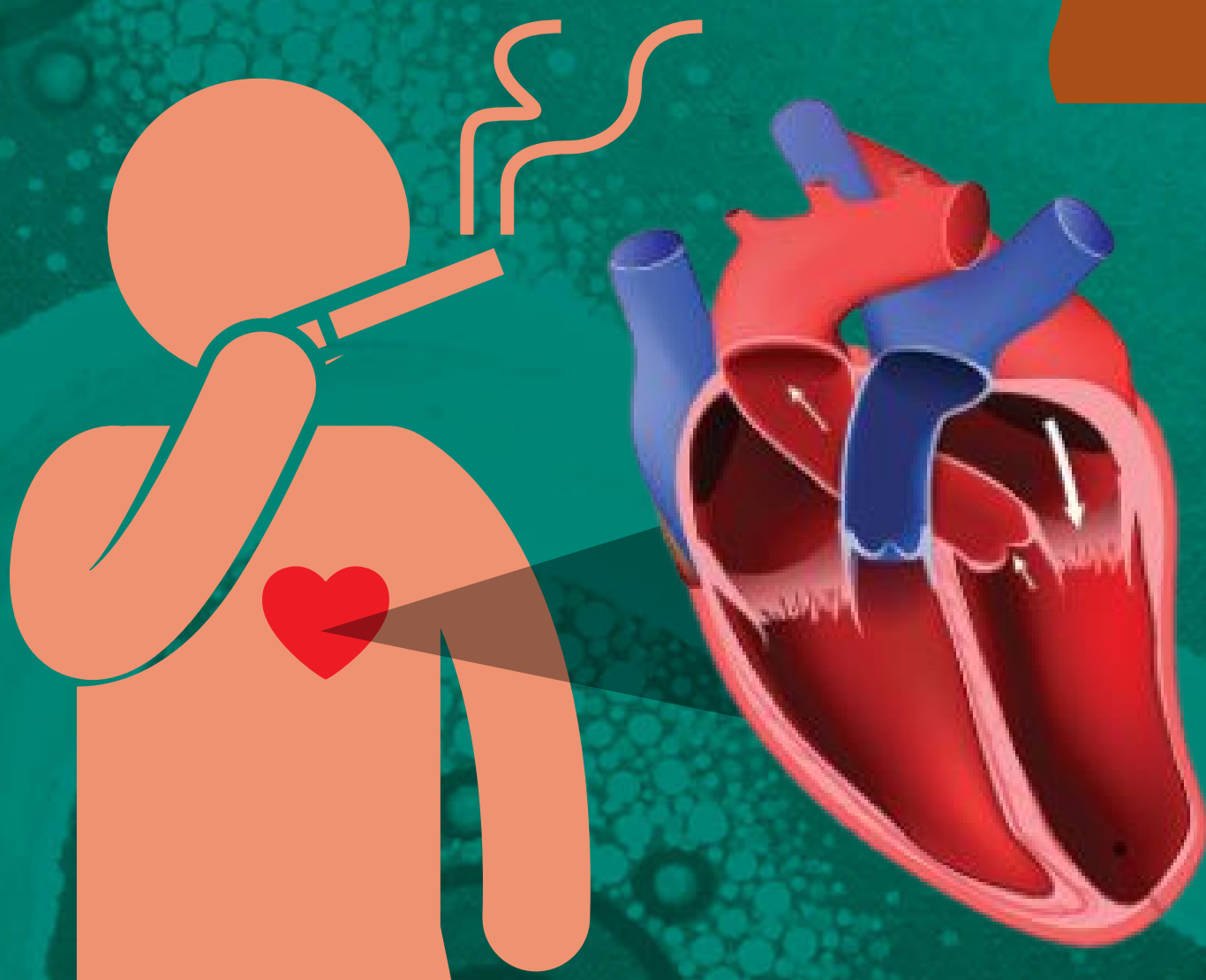
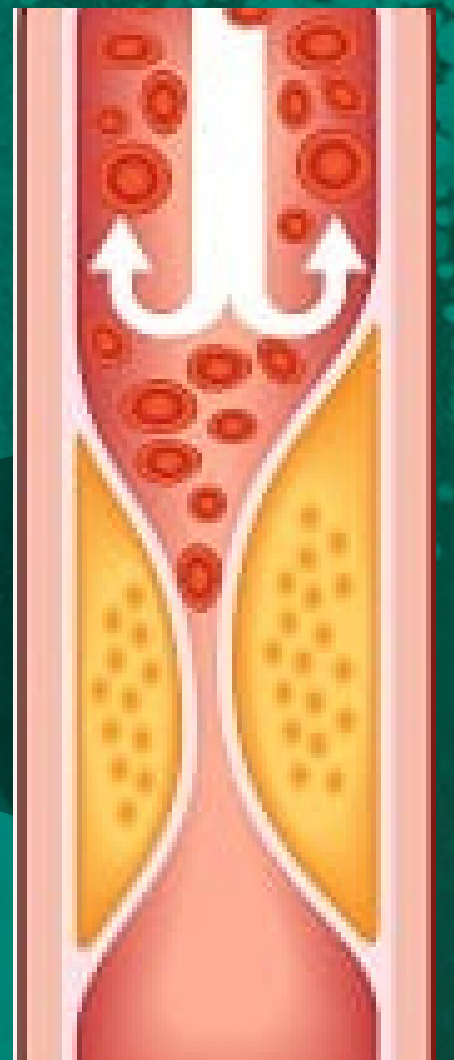
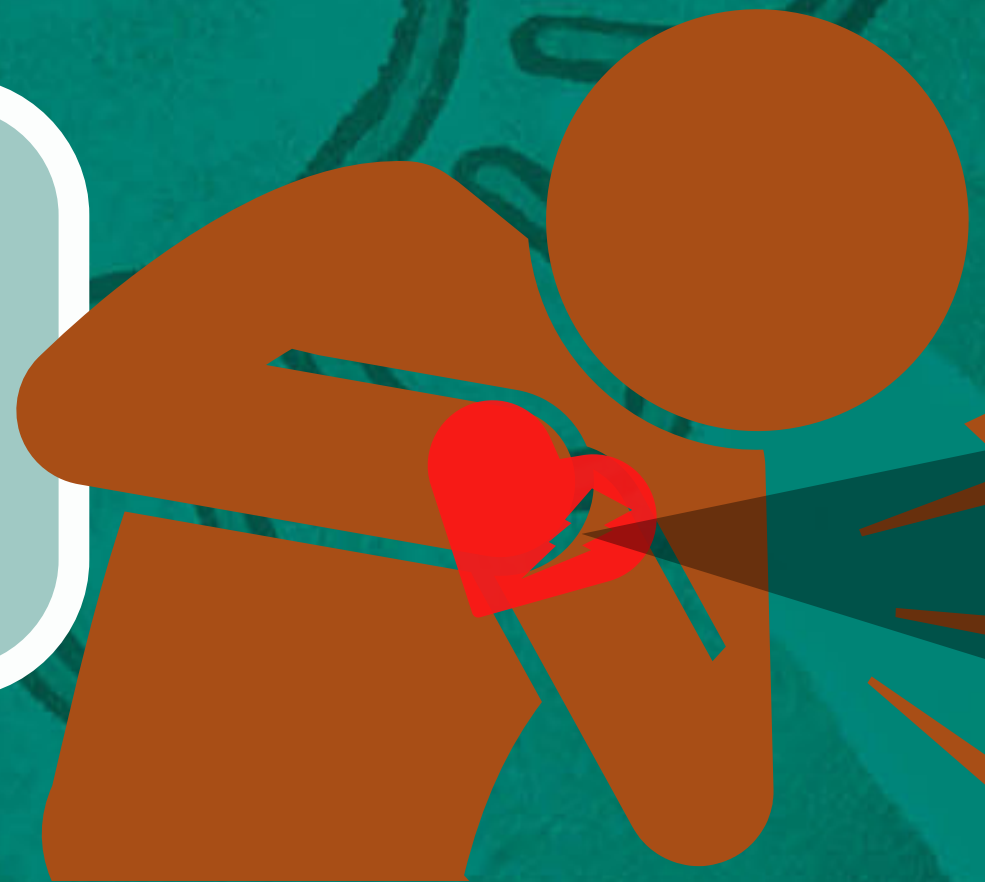


Ngamari Free

Ngamari(smoke) is warra(bad) for your koort(heart). Continuing to smoke with heart disease puts you at risk of:

Heart attack

Blood flow to the heart is blocked.



Heart failure

Heart muscles weaken and don't pump blood around the body as well.

Live long, stay strong and breathe easy.

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

Telephone: (08) 9690 2888

65 Wellington Street, Northam,
Western Australia 6401

 MyHealthyWheatbelt



Wheatbelt Aboriginal Health Service

WA Country Health Service

COMMUNITY | COMPASSION | QUALITY | INTEGRITY | EQUITY | CURIOSITY

