



Ngamari Free

**There are lots of wara (bad) chemicals in ngamaris (smokes).
7,000 chemicals are found in ngamaris!**

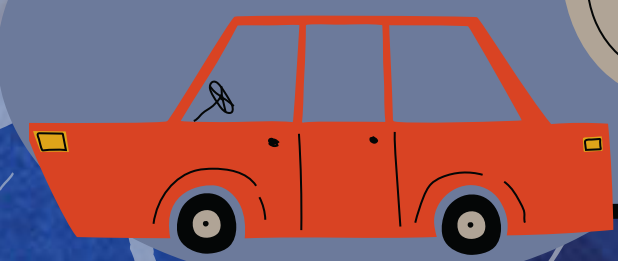
The smoke from tobacco contains toxic chemicals which can cause cancer.
Every ngamari is dangerous to your health.



Methanol-
rocket fuel



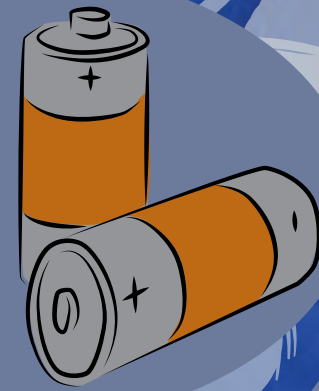
Arsenic-
rat poison



Carbon
monoxide



Acetone -
nail polish remover



Cadmium-
batteries

Cigarette tar



Ammonia-
bleach



Keep your future healthy, happy and ngamari free!

For more information and support to quit call the Tackling Indigenous smoking team at
Wheatbelt Aboriginal Health Service (WAHS) on:

WAHS Avon Central - (08) 9690 2888

WAHS Western - (08) 9651 0270

WAHS Eastern - (08) 9081 3222

WAHS Southern - (08) 9881 0385

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