

NATIONAL BEST  
PRACTICE UNIT

**TACKLING  
INDIGENOUS  
SMOKING**

**2025**



## Welcome to the 2025 National Best Practice Unit Tackling Indigenous Smoking Calendar!

The Tackling Indigenous Smoking (TIS) program has been running for 15 years. TIS teams now operate in every Australian region, providing information to communities about adopting smoke-free and vape-free lifestyles. In this calendar you'll find smoking and vaping information, as well as links to websites offering additional details. We appreciate the hard work and commitment of the TIS workforce in promoting the health and well-being of Aboriginal and Torres Strait Islander communities across Australia.

Learn more at [www.tacklingsmoking.org.au](http://www.tacklingsmoking.org.au)



### TOM'S MESSAGE

The Tackling Indigenous Smoking program is recognised as the most successful health intervention in both Indigenous and non-Indigenous affairs in Australia. Between 2005 and 2018-19 it is estimated that there were 50,000-plus fewer Aboriginal and Torres Strait Islander people smoking – that's approximately 23,000 lives saved. TIS is a great example of communities working with government to ensure programs best meet local needs. The more effective the co-design, the better we can address systemic discrimination issues in our communities.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>New Year's Day</b> (Public Holiday)	2	3	4 <b>World Braille Day</b>
5	6	7	8	9	10	11
12	13	14	15	16	17 <b>Performance report</b> due to NBPU TIS	18
19	20	21	22	23	24 <b>International Day</b> of Education	25
26	27 <b>Survival Day</b> (Public Holiday)	28 <b>Term 1 begins</b> (Qld)	29 <b>Term 1 begins</b> (NT, SA, Vic)	30	31 <b>Review returned by</b> NBPU TIS	



### Smoke-free and vape-free spaces

It's not just people who smoke and vape whose health can be affected by these addictions. Breathing in second-hand smoke from someone else's cigarette increases the chances of developing smoking-related diseases. Breathing in second-hand aerosol from someone else's vape affects our breathing and can make cough or cold symptoms worse. Creating smoke-free and vape-free environments protects people from these dangers. It also prompts people who smoke or vape to consider how their habit impacts the health and wellbeing of family and friends, as well as themselves. Smoke-free environments are linked to lower smoking rates; keeping your place a smoke-free and vape-free space benefits the entire community's health. Find more resources around creating smoke-free and vape-free homes, businesses and cars by scanning the QR code.



#### TOM'S MESSAGE

Poor air quality can have a big impact on people's health. Smoking and vaping are key contributors to reduced air quality. This isn't just an issue for those who use cigarettes and vapes, but also anyone exposed to the smoke or vape aerosol. Even unborn babies can be affected, suffering from higher rates of asthma and other respiratory conditions after they are born. Smoke-free and vape-free spaces are excellent ways to protect our bubs from these harms.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



## FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Term 1 begins (ACT, NSW - Eastern Division)	4 World Cancer Day	5 Term 1 begins (WA)	6 Term 1 begins (Tas)	7	8
9	10 Royal Hobart Regatta (Tas)	11 Term 1 begins (NSW - Western Division)	12	13 National Apology Day	14 Valentine's Day Performance Report due to FAM	15
16	17 Random Acts of Kindness Day	18	19 Australian Lung Cancer Conference, Adelaide	20 Australian Lung Cancer Conference, Adelaide World Day of Social Justice	21 Australian Lung Cancer Conference, Adelaide Mother Language Day	22
23	24	25	26	27	28	

## Closing the Gap on Indigenous smoking

The Tackling Indigenous Smoking (TIS) program began in 2010. Since then, we've seen a 10% absolute decrease in smoking rates among Aboriginal and Torres Strait Islander people from 2004-05 to 2018-19. There has also been an increase in awareness of the harms of smoking and vaping, as well as the benefits of quitting. The National Preventative Health Strategy (2021-2030) aims to reduce smoking rates among Aboriginal and Torres Strait Islander people to 27 percent or less by 2030. To reach this goal, the TIS program is currently focused on three priority groups:

- remote communities
- youth
- pregnant women, their families and women of childbearing age.

Show your support for health equity for Aboriginal and Torres Strait Islander people by commemorating National Close the Gap Day on Thursday March 20.



### TOM'S MESSAGE

The Tackling Indigenous Smoking (TIS) program is a prime example of best practice: involving the community in designing and delivering a program leads to success. Our achievements are not just reflected in the estimated 23,000 Aboriginal and Torres Strait Islander lives saved, but also in the countless individuals we've helped avoid hospitalisation by encouraging them in quitting smoking. The TIS program is not only saving lives but also keeping people out of chronic care.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1 <small>World Compliment Day</small>
2	3 <small>Labour Day (WA) World Wildlife Day</small>	4 <small>World Obesity Day</small>	5	6	7	8 <small>International Women's Day</small>
9	10 <small>Canberra Day (ACT), Adelaide Cup Day (SA), Eight Hours Day (Tas), Labour Day (Vic)</small>	11	12	13 <small>World Kidney Day</small>	14	15
16	17	18	19	20 <small>National Close the Gap Day</small>	21 <small>Harmony Day</small>	22
23	24	25	26	27	28	29

## Keeping our bubs safe from smoke

Third-hand smoke (THS) refers to the residue left on surfaces such as car seats, bedding, carpets and clothes after someone has smoked nearby. This residue can persist for years and contains harmful chemicals. Chemicals from vaping (including nicotine) also gather on surfaces. This is known as third-hand aerosol (THA). Babies and toddlers are particularly vulnerable to THS and THA exposure. Keeping homes and cars smoke-free and vape-free helps minimise the risk. Bub is also exposed to harmful chemicals before they are born if mum or dad smokes or vapes. Quitting reduces the risk of birth complications, improves birth weight and prevents nicotine being passed to babies via breast milk. Support from family, friends and health workers increases the chances of a pregnant woman and their partner successfully quitting smoking. For more information, visit the Tackling Indigenous Smoking page or scan the QR code.



### TOM'S MESSAGE

Data from 2023 revealed a significant decrease in smoking among Aboriginal and Torres Strait Islander women during the first 20 weeks of pregnancy, which is positive news. Smoking during pregnancy can lead to low birth weights, premature births and long-term issues like asthma. While other programs are also active in this area, Tackling Indigenous Smoking plays a key role in encouraging Aboriginal and Torres Strait Islander mothers to quit smoking.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Term 1 ends (NT, Qld, Vic)	5
6	7 World Health Day	8	9	10	11 Term 1 ends (ACT, NSW, SA, Tas, WA)	12
13	14	15	16	17	18 Good Friday (Public Holiday)	19 Easter Saturday (Public Holiday)
20 Easter Sunday (Public Holiday)	21 Easter Monday (Public Holiday)	22 Easter Tuesday (Tas) Term 2 begins (Qld, Vic) Earth Day	23	24	25 Anzac Day (Public Holiday)	26
27	28 Preventive Health Conference, Canberra Term 2 begins (NT, SA, Tas, WA)	29 Preventive Health Conference, Canberra Term 2 begins (ACT)	30 Preventive Health Conference, Canberra Term 2 begins (NSW)			

## Make a date with World No Tobacco Day

What events are happening in your region for World No Tobacco Day this year? World No Tobacco Day is an important date for Tackling Indigenous Smoking (TIS) teams to engage with their communities and promote smoke-free and vape-free lifestyles. The World Health Organization created World No Tobacco Day in 1987 to draw attention to the preventable death and disease caused by the tobacco industry. Every year on May 31, TIS teams bring together schools, sportspeople, media, politicians, celebrities, community leaders and Elders for fun events focused on the benefits of quitting cigarettes and vapes. Previous successful TIS events on World No Tobacco Day include free cooking classes, family fun days, community barbecues, art competitions, music events and sports carnivals. Check out the TIS website for more information about World No Tobacco Day on Saturday May 31.



### TOM'S MESSAGE

It's great news that more people are moving away from cigarettes. Unfortunately, the tobacco industry is now investing heavily in cigarette alternatives like vaping. As smoking rates fall, Big Tobacco is creating new addictions. It's concerning that many people who have never smoked tobacco have taken up vaping and then progressed to cigarettes. World No Tobacco Day is an excellent opportunity to talk with our mob about helping friends and family overcome their addictions.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



## MAY

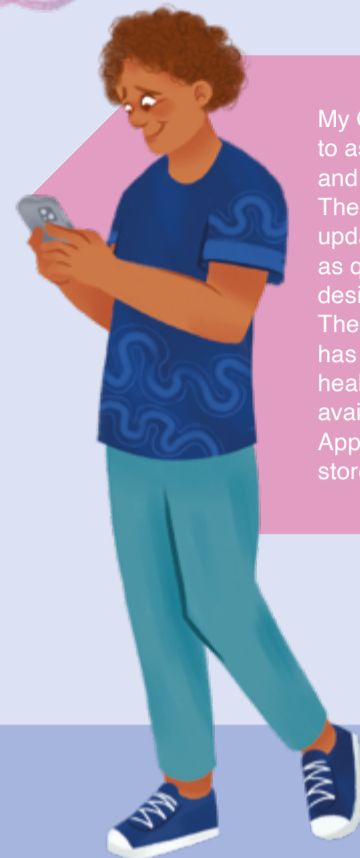
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Heart Week begins May Day (NT), Labour Day (Qld)	6 World Asthma Day	7	8	9	10
11 Women's Health Week begins Mother's Day	12	13	14	15 International Day of Families	16	17
18	19	20	21	22	23	24
25	26 National Sorry Day	27 National Reconciliation Week begins	28	29	30	31 World No Tobacco Day

## Aboriginal Quitline is ready to yarn

Do you know someone wanting to take the first steps towards quitting smoking or vaping? Aboriginal Quitline is a free, confidential service offering Aboriginal and Torres Strait Islander counsellors to yarn with mob. Studies show using Quitline greatly increases the chance of quitting. Quitline staff can tailor responses to individual callers, create personalised quit plans and offer tips on local support groups. Counsellors can also ring callers back at a preferred time to provide further support and check how their quit journey is progressing.

Aboriginal Quitline is available on 13 7848.

Scan the QR code for more information about Quitline.



My QuitBuddy is available to assist people who smoke and vape quit their habits. The app is regularly updated with features such as quit plans and games designed to curb cravings. The My QuitBuddy app has been developed by health experts and is available for free on the Apple and Google app stores. Download it today!



### TOM'S MESSAGE

Vaping has been promoted through social media and other means as something that's a bit of recreational fun, but it definitely isn't. Even the short term impacts – particularly on young people – can be quite devastating. Federal regulations introduced in 2024 limit legal vape flavours to mint, menthol and tobacco, reducing the legal availability of flavours our youth might find enticing. With legislation now in place, our enforcement agencies need to keep up their good work in cracking down on the vaping black market. Restricting access is a positive for both our youth and our community.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



## JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Bowel Cancer Awareness Month	2 Reconciliation Day (ACT) Western Australia Day (WA)	3 Mabo Day	4	5 World Environment Day	6	7
8 World Ocean Day	9 King's Birthday (ACT, NSW, NT, SA, Tas, Vic) Men's Health Week begins	10	11	12	13	14 World Blood Donor Day
15	16 Lowitja International Indigenous Health & Wellbeing Conference, Adelaide	17 Lowitja International Indigenous Health & Wellbeing Conference, Adelaide	18 Lowitja International Indigenous Health & Wellbeing Conference, Adelaide	19	20 Term 2 ends (NT)	21
22	23	24	25	26	27 Term 2 ends (Qld)	28
29	30					

## It's never too late to quit! Less sickness, better health

The day people who smoke or vape quit is the day their bodies begin to recover! Your lungs start to heal when you stop vaping, so most people will notice the benefits in one or two weeks. Here are five positive health outcomes for people who give up cigarettes.

**Within a day** – Oxygen reaches the heart and muscles more easily.

**Within a week** – Sense of taste and smell can improve.

**After one year** – The risk of heart disease has halved.

**Within 10 years** – The risk of lung cancer is lower than that of someone who still smokes.

**After 15 years** – The risk of heart attack and stroke is close to that of a person who has never smoked.



Cutting out cigarettes also cuts down health risks. Scan the QR code for Give up for good resources.



### TOM'S MESSAGE

Aboriginal and Torres Strait Islander people are disproportionately represented in cancer mortality. A lot of this is attributable to smoking or exposure to smoke. The Federal Government has committed more than \$260 million to the National Lung Cancer Screening Program to screen high-risk Australians for cancer. From this month, eligible current and former smokers can take part in a quick scan to assess their lungs. Lung cancer is the leading cause of cancer death in Australia, so I urge our mob to learn more about screening opportunities by scanning the QR code.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coming Of The Light	2	3	4 Term 2 ends (ACT, NSW, SA, Tas, Vic, WA)	5
6 NAIDOC Week begins	7	8	9	10	11	12
13 National Diabetes Week begins	14 Term 3 begins (Qld)	15 Term 3 begins (NT)	16	17	18 Performance Report due to NBPU TIS	19
20	21 Term 3 begins (SA, Tas, Vic, WA)	22 Term 3 begins (ACT, NSW)	23	24	25	26 Aunts and Uncles Day
27	28 World Hepatitis Day	29	30	31		

## Protecting our youth

This month marks National Aboriginal and Torres Strait Islander Children's Day. Australian Government legislation has banned disposable vapes, which is a positive step in protecting our kids. Although access to e-cigarettes has been restricted, it's important for our youth remain aware of the dangers of vaping and smoking. Studies have found:

- Adolescents who vape are exposed to dangerous chemicals in e-liquids and e-cigarette aerosol.
- Nicotine use from smoking or vaping can harm adolescent brain development and have long-term impacts.
- Nicotine exposure from smoking or vaping during adolescence increases the risk of developing psychiatric disorders.
- Breathing in vape aerosol can lodge fine metal particles inside the lungs, increasing the risk of lung injuries, seizures, asthma attacks and bronchitis.
- E-cigarette use and tobacco smoking are linked to insufficient sleep and lower school grades.
- People who vape are five times more likely to start smoking.

Find more facts about vaping by scanning the QR code.



### TOM'S MESSAGE

Children are our future Elders and leaders, so it's important to teach them about the benefits of not smoking and vaping. Vaping has been identified as the strongest factor in predicting if people will smoke in future, so the Federal Government introducing legislation banning the public sale of vapes is an important step in protecting our kids. Check the Tackling Indigenous Smoking website for the latest research and government information on vaping.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1 World Breastfeeding Week begins Review returned by NBPU TIS	2
3	4 Picnic Day (NT) National Aboriginal and Torres Strait Islander Children's Day	5	6	7 NAATSIHWP National Day of Recognition	8 Red Nose Day	9 International Day of the World's Indigenous Peoples
10	11 National Allied Health Conference, Adelaide	12 National Allied Health Conference, Adelaide	13 National Allied Health Conference, Adelaide	14 National Allied Health Conference, Adelaide Royal Queensland Show (Brisbane)	15 Performance report due to DSS FAM	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## Smoking in remote communities

A Tackling Indigenous Smoking program priority is reducing tobacco use in remote areas of Australia. More than one quarter of Australians live in regional and remote areas, and these people often have poorer health and welfare outcomes compared to those living in major cities. Nearly 50,000 Aboriginal and Torres Strait Islander people who smoke daily live in remote areas. That's about a quarter of Aboriginal and Torres Strait Islander people who smoke. We know the vast majority of Aboriginal and Torres Strait Islander people who smoke want to quit (70%), so it's important for TIS to be available to direct those who are keen to kick the habit to the support they need.

More details of smoking in remote regions can be found by scanning the QR code.



### TOM'S MESSAGE

Australia has a history of being a global leader in smoking laws, so it's good to know our vaping laws are also ahead of the game. One of the most important aspects of strict legislation introduced last year is that it ensures our young kids have less opportunity to access vapes. In general terms, vaping isn't a successful quitting method. In fact, it's having an adverse impact: non-smokers who vape have taken up smoking. Government crackdowns are stifling the vaping industry's plans to hook the next generation of nicotine addicts.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Prostate Cancer Awareness Month begins	2	3	4	5	6
7	8	9	10	11 R U OK? Day	12	13
14	15	16	17	18	19 Term 3 ends (NT, Qld, Vic)	20
21	22	23	24	25	26 Term 3 ends (ACT, NSW, SA, Tas, WA) Day before AFL Grand Final (Vic)	27
28	29 King's Birthday (WA) World Heart Day	30				

## Healthy body, healthy mind

"Smoking helps me deal with stress." "Vaping makes me less anxious." How many times have we heard people who smoke or vape say this? The truth is that most people who quit smoking or vaping report feeling less stressed within a few months. However, because nicotine withdrawals can initially increase feelings of anxiety, it's important they have alternative ways to cope with stress early on in their quit journey.

October is Mental Health Awareness Month. Did you know people living with mental illness are at least twice as likely to smoke as the rest of the community? Studies have also found a link between vaping and mental illness among adolescents, including increased depressive symptoms, anxiety disorder symptoms and other harmful behaviours.

Mental health challenges can make it hard to quit, but breaking the nicotine addiction can greatly improve wellbeing. If you know someone who is ready to quit, Aboriginal Quitline, a free, confidential counselling service, is available on 13 7848

Learn more about mindfulness and meditation by scanning the QR code.



### TOM'S MESSAGE

Many of us feel anxious when we don't have money to buy food, take our kids on excursions or participate in sports events, but that's in part because we spend too much money on cigarettes. The money you can save on giving up smokes can really help with putting more food on the family's table. It's always great to see our Tackling Indigenous Smoking teams across the country working with families to ensure they understand the good reasons to give up (or not take up) smoking.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breast Cancer Awareness Month begins International Day of Older Persons	2	3	4
5	6 Term 4 begins (NT, Vic) Labour Day (SA), King's Birthday (Qld)	7 Term 4 begins (Qld)	8	9 World Sight Day	10	11
12	13 Term 4 begins (NSW, SA, Tas, WA)	14 Term 4 begins (ACT)	15 Pregnancy and Infant Loss Awareness Day	16	17 International Day for the Eradication of Poverty	18
19	20	21	22	23	24	25
26 Grandparents' Day	27	28	29 World Stroke Day	30	31	

## Poisoning our people, poisoning our planet

The most recent Clean Up Australia Day data suggests cigarette butts make up a sixth of all reported litter in Australia, second only to soft plastics. Between 30 and 75 per cent of the 17.75 billion cigarettes used in Australia each year end up as litter. Most cigarette butts contain filters made of non-biodegradable plastic and contain toxic chemicals that leach into the soil and water. Vapes have also emerged as a serious environmental threat, since they contain hazardous and electronic wastes and plastics. Care for Country – and your health – by avoiding cigarettes and vapes. Scan the QR code for more information on these environmental impacts.



### TOM'S MESSAGE

Vaping devices are horrible things: they're a health issue, an economic issue and an environmental issue. As well as vape aerosol being harmful to users' health, the e-waste created by vaping devices is also shocking for our planet. The majority of vaping devices contain nicotine, which we know is a poison, so these discarded devices can leach toxic chemicals into the environment when discarded. It's an ongoing campaign for TIS workers to point out the environmental impacts of cigarette and vape waste in our communities.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1 Lung Cancer Awareness Month begins
2	3 Recreation Day (Tas)	4 Melbourne Cup (Vic)	5	6	7	8
9	10	11 Remembrance Day	12	13	14 World Diabetes Day	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## Quitting the smokes: the best Christmas gift of all

Australia is the world's most expensive country to be someone who smokes. In this season of giving, cutting cigarettes from weekly bills can ensure there's more money in the budget for festive gifts and celebrations. At \$2 per cigarette, someone smoking 20 cigarettes per day will spend \$15,000 in one year. They'll have also inhaled 60 grams of tar (the average weight of an apple). The new year is a perfect time for people who smoke to be motivated to quit, since they can start the year off with a fresh commitment. Aboriginal Quitline is available to yarn with on 13 7848 when cravings strike over the Christmas and New Year period. You can also arrange for an Aboriginal or Torres Strait Islander counsellor to call you back.

Here's to good health in 2026!



### TOM'S MESSAGE

At this time of year, there are plenty of opportunities for Tackling Indigenous Smoking teams to take part in festive community events and celebrate with a variety of religions and cultures. I recommend being involved wherever possible, since sharing our stories can make us stronger as a community. Tackling Indigenous Smoking teams play a considerable role in providing information on the dangers of smoking and vaping across their regions, so public celebrations are a great opportunity for promoting these messages. TIS saves lives, so I'd like to thank everyone who supports the program's ongoing success.

*Prof Tom Calma AO FANZSOG FAA FASSA FAHA, Tackling Indigenous Smoking National Coordinator*



# DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Human Rights Day	11	12 Term 4 ends (Qld, SA, NT)	13
14	15	16	17	18 Term 4 ends (ACT, Tas, WA)	19 Term 4 ends (NSW, Vic)	20
21	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day (ACT, NSW, NT, Qld, Tas, Vic, WA), Proclamation Day (SA)	27
28	29	30	31 New Year's Eve			

# Thank you to all the Tackling Indigenous Smoking teams based across Australia!



**2024 Jurisdictional Workshop**  
(ACT, NT, SA & WA), Fremantle/Walyalup



**2024 Jurisdictional Workshop**  
(NSW, Qld, Tas, Vic), Brisbane/Meanjin

## About the calendar artist

Jade Goodwin is a First Nations (Gamilaroi) illustrator based in Australia. Jade's creative journey began at an early age in her grandparents' screen printing studio, where she would spend an endless amount of time crafting anything she could from the studio supplies. Her passion for creativity and illustration grew over time, eventually leading to a successful career in the children's publishing industry. In November 2021, Jade signed her first picture book contract with Penguin Random House, which paved the way for her to work with leading publishers such as HarperCollins, Hachette, Allen & Unwin, Magabala, Hardie Grant (Bright Light) and Affirm Press. <https://jadegoodwin.com.au/>

Photo credit: Travis De Vries



## 2026 Calendar

### January

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### February

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### March

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### April

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### May

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31						

### June

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28	29	30				

### July

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26	27	28	29	30	31	

### August

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30	31					

### September

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27	28	29	30			

### October

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### November

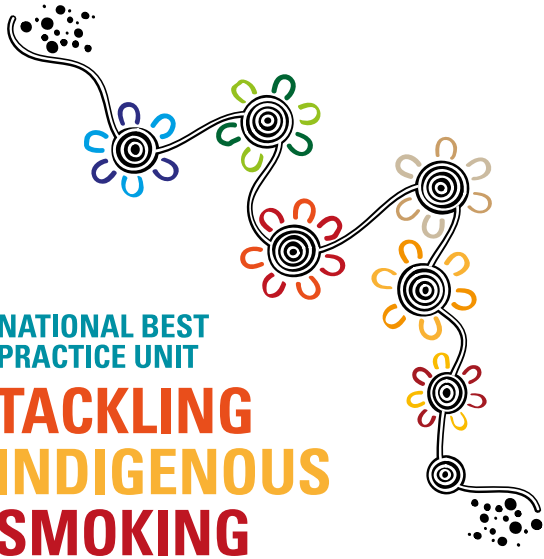
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29	30					

### December

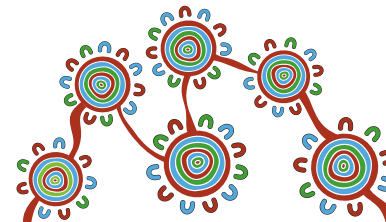
Su	Mo	Tu	We	Th	Fr	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



All materials in this calendar can be reused by TIS teams for social media, presentations and promotions. Download a digital version from [tacklingsmoking.org.au](http://tacklingsmoking.org.au)



**NATIONAL BEST  
PRACTICE UNIT**  
**TACKLING  
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SMOKING**



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[www.tacklingsmoking.org.au](http://www.tacklingsmoking.org.au)