



Te Hā – Waitaha

STOP SMOKING CANTERBURY



Me aro atu ki te haa



The essence of life is alive in my breath

Totara House

- ❖ The call

- ❖ 9 weeks

- ❖ Face to face
- ❖ 7 enrolled
 - ❖ 4 regularly attended
 - ❖ 3 successfully quit

- ❖ Medications

- ❖ When %\$*& happens

- ❖ Death
- ❖ Health plan/programme changes
- ❖ ...



Titiro ki Mua



Through our past we walk towards a smoke-free future.

Whakato te kaakano

