

Yarning It Up – Don't Smoke It Up

The *Yarning it Up - Don't Smoke it Up* Aboriginal tobacco program, provided by the East Metropolitan Community and Population Health Service aims to reduce tobacco related harm in the adult Aboriginal population in the Perth Metropolitan area.

We provide culturally appropriate tobacco education information sessions designed to increase the Aboriginal community's knowledge of the harms related to smoking and the links to chronic disease. The program also provides sessions for service providers and others working in health or providing a service to the Aboriginal community.

Sessions include information on:

- the risks associated with tobacco use
- Nicotine Replacement Therapy (NRT)
- support services available
- the Quitline and how to use it
- the Stages of Change and the Journey to Quit Tobacco Model

If you are interested, please make contact with the team and book a session.

Megan Cromarty

Senior Health Promotion Officer
East Metropolitan Health Service
112 Lakes Road
Mandurah WA 6210
T: (08) 9586 4511
Megan.Cromarty@health.wa.gov.au

Josh Rivers

Senior Health Promotion Officer
East Metropolitan Health Service
18-56 Mills Street
Bentley WA 6107
T: (08) 9416 3119
Joshua.Rivers@health.wa.gov.au

Len Thorne

Senior Health Promotion Officer
East Metropolitan Health Service
18-56 Mills Street
Bentley WA 6107
T: (08) 9416 3105
Lenard.Thorne@health.wa.gov.au



**QUITTING TOBACCO IS A JOURNEY
IT WAS A JOURNEY OF DISCOVERY
NOW IT'S A JOURNEY OF RECOVERY**