

# Smokefree Pregnancy Services will help you to quit now!



**Stopping smoking during pregnancy will give  
your baby the best start in life.**

**Please call 0800 569 568 or text 021 622 687 to find out more.**



**Quit now. It's about whaanau.**



## Join our Smokefree Pregnancy Services 12 week programme and receive:

- vouchers for groceries, baby goods or other items for each smokefree week
- face to face support
- subsidised nicotine patches, gum & lozenges

**We encourage your whaanau to join too.**

To be eligible, women should be:

- Pregnant - up to 28 weeks and
- Maaori or Pacific Island and
- Living in Manurewa (includes Weymouth, Clendon and Wiri)



Scan QR code



**Info available @ [www.countiesmanukau.health.nz](http://www.countiesmanukau.health.nz)**