

# STOP TOBER

**It's like October but with  
no cigarettes.**

**For more information and to sign up**

- Call 0800 925 242
- Visit the Smokefree South Facebook page
- Visit the website:  
[www.southernhealth.nz/living-well/stoptober](http://www.southernhealth.nz/living-well/stoptober)

Staying smokefree is a win, but prizes available.