



Ngamari Free

# Wheatbelt Tackling Indigenous Smoking Program



Wheatbelt Aboriginal Health Service  
WA Country Health Service



# Update



**Ngamari Free**

Give your baby the best start in life. Be Ngamari Free!

It's up to us to make a change and not smoking is one of them!

Protect yourself, your moort and your community. Smoking can affect and upset different things in your life. Not smoking is best for you and your future. Be ngamari (smoke) free for you and me.

Respect your cultural! Respect your Country!

Our culture is important to us! That's why we are ngamari free

be yourself

GOOD TIMES



**TACKLING INDIGENOUS SMOKING (TIS) SPONSORSHIP**

Ngamari Free

Apply to become a Tackling Indigenous Smoking (TIS) Sponsorship partner. This is a great opportunity for you to support the Ngamari Free program and help reduce smoking in your community.

**ELIGIBILITY CRITERIA**

- You must be a WA resident and have a business or community organisation in your area.
- Your organisation must be a not-for-profit organisation.
- Check the eligibility criteria.
- Complete a copy of the application form.
- The applicant must be a registered business or community organisation.
- The applicant must have a good track record in their community.
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**FOR MORE INFORMATION**

Contact the TIS Sponsorship team at:

Wheatbelt Aboriginal Health Service  
1855 South Street, Perth WA 6000  
Phone: 08 9447 1232  
Email: [tis@wheatbelt.org.au](mailto:tis@wheatbelt.org.au)

life is good

Ngamari Free

**NO SMOKING**

Protect yourself, your moort and your community. Smoking can affect and upset different things in your life. Not smoking is best for you and your future. Be ngamari (smoke) free for you and me.

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be yourself

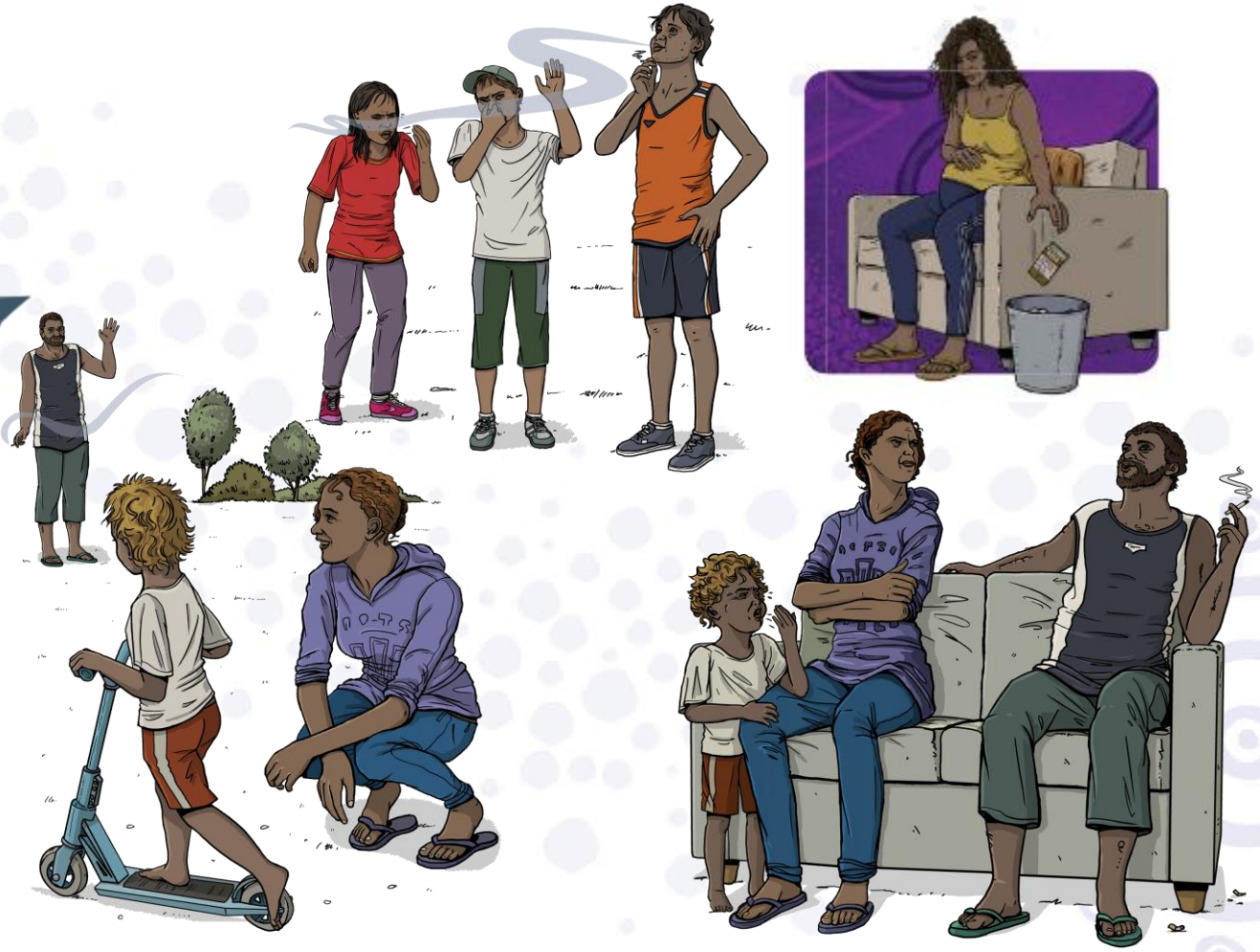
GOOD TIMES

**NGAMARI FREE CALENDAR 2022 ON NOONGAR BOODJA (COUNTRY)**





# Kaartdiin Ngamari – Tobacco Education Sessions





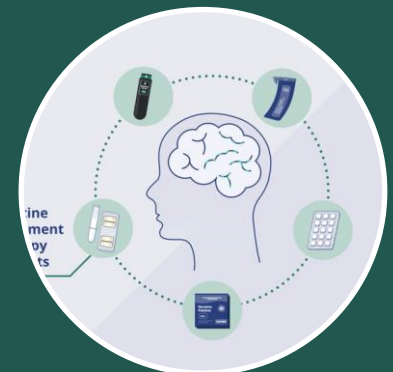
## Session 1 Tobacco



## Session 2 Effects of Smoking



## Session 3 Clearing the air



## Session 4 Quitting

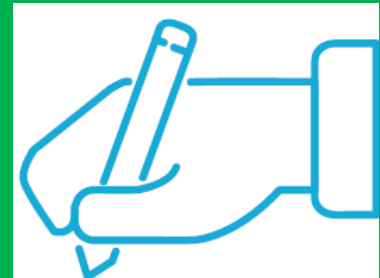
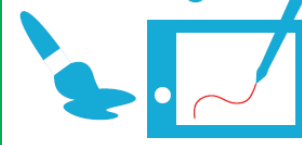


## Session 5

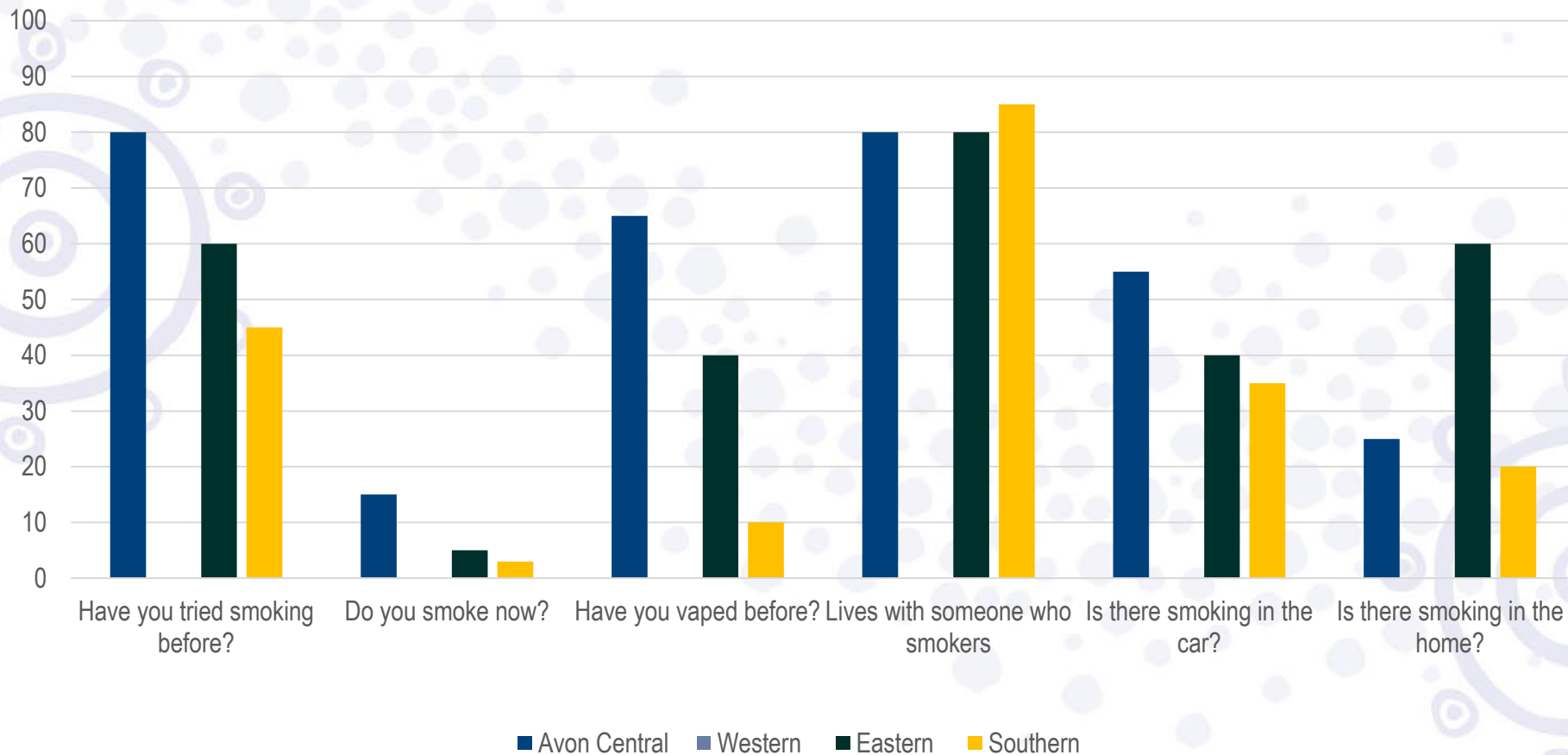
Create a  
slogan/message



Plan/Design



## Kaartdijin Ngamari Pre - Session Survey





## Kaardijin Ngamari Post Session Survey

