

EBPHA

LC10973 | BROCHURE V3 | FEBRUARY 10, 2025

LAWCREATIVE DESIGN
SIGNS
WEB
PRINT

FRONT

Hāpainga

A Journey to Wellness



After 20 mins
Blood pressure and pulse rate returns to normal



8 hours
Oxygen levels increase



48 hours
Taste and smell begin to improve



3 months
Lungs become healthier and fertility improves



1 Years
Risk of heart attack is halved



5 Years
Risk of stroke significantly reduced



10 Years
Risk of lung cancer is halved



15 Years
Risk of heart attack is now the same as a non-smoker



QUIT SMOKING YOUR WAY



CONTACT US

📞 0800 427 246 | 📍 Bay of Plenty

✉ Hāpainga@ebpha.org.nz



FREE STOP SMOKING SERVICE

0800 427 246

BACK

Who are we?

Hāpainga is a FREE service to help people in the Bay of Plenty to quit smoking. We're a team of smokefree champions dedicated to supporting you on your smokefree journey.



Take the first step today!

Call 0800 427 246 for an obligation FREE chat.

GOODBYE to smoking and HELLO to a healthier you.

Together, we can make it happen.



What we offer

- Confidential consultation
- One on one, whānau support
- Group sessions
- Flexible & convenient
- 4 week smokefree incentive
- Choice of treatment to support your quit journey



Contact Us

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