

Smokefree Pregnancy and Postnatal 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 NOW to 590 to find out more
Email Smokefree@middlemore.co.nz
or visit Facebook *Hang Tuff Smokefree 2025*



Quit now. It's about whaanau.

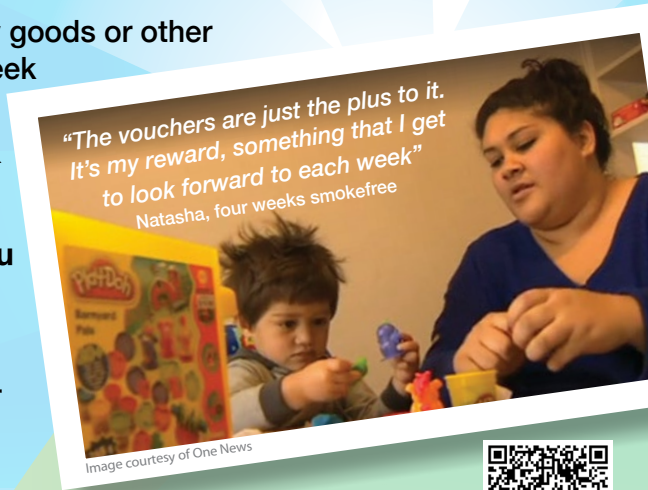


Join our Smokefree Pregnancy and Postnatal Services 12 week programme and receive:

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

We encourage your whaanau to join too.

To be eligible, women should be pregnant (up to 28 weeks) or postnatal, smoking and living in South Auckland. You may be eligible, contact us to find out more.



Scan QR code



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