



# Yarning It Up - Don't Smoke It Up

*If it's not fresh air, don't breathe it in.*



**Yarning it Up - Don't Smoke It Up** aims to reduce smoking related harms to Aboriginal and Torres Strait Islander people in the Perth Metropolitan area.

## **What we provide:**

- FREE culturally appropriate tobacco education sessions designed to increase knowledge of the harms associated with smoking and vaping.
- Sessions can be delivered to service providers, community members and others working with Aboriginal and Torres Strait Islander people.
- Each session can be tailored to your needs.

If you think this would be helpful for your staff or clients, please contact:

**EMHS.YIU@health.wa.gov.au**

*Quitting tobacco is a journey - It was a journey of discovery, now it's a journey of recovery.*

