



Give smoking *and vaping away*

Workplaces thrive when their workers do.

Many workers tell us they smoke or vape to relieve their stress, but, did you know cigarettes and e-cigarettes can cause anxiety symptoms or make them worse?

Start a conversation about being smoke and vape free to help everyone in the workplace reduce stress and thrive.

For support call the Be Smokefree Clinics at Barwon Health (1300 715 673).

GIVE SMOKING AND VAPING AWAY



For support call our Be Smokefree Clinics - 1300 715 673

**FOR YOUR HEALTH
FOR THE ENVIRONMENT
FOR THE PEOPLE YOU CARE ABOUT
GIVE SMOKING AND VAPING AWAY**



For support call our Be Smokefree Clinics - 1300 715 673