

Tips to quit smoking

1. Set a date to quit smoking.
2. Discard all cigarettes, ashtrays and lighters.
3. Stay away from smoking situations/environments.
4. Seek professional help.



Other service

- ◆ **Quit Ambassador training**
Families, Friends, Quitters are welcome to join!!

Satellite clinics providing services

Jordan

13/F, Sino Cheer Plaza, No. 23 Jordan Road, Kowloon

Kwun Tong

Unit 26-33, G/F, Kui On House, Wo Lok Estate, Kwun Tong, Kowloon

Lam Tin

Unit 203, Kwong Tin Shopping Centre, Kwong Tin, Kowloon

Tai Po

19, G/F, Kwong Yan House, Kwong Fuk Estate, Tai Po, New Territories

Our Core Services

- ◆ Promote smoking cessation
- ◆ Prevent harms from smoking
- ◆ Treat nicotine addiction

What the tobacco industries are not telling you...

7,000

Harmful toxic substances and chemicals.

Over 69

of them are cancer causing agents.

Harmful effects of smoking

- Smoking causes many types of cancers such as, cancer of the mouth, lungs, stomach, liver and cervix.

Would you endanger a child?

- Second-hand smoke is as hazardous as active smoking!

Smoking Cessation Programme for Ethnic Minorities and New Immigrants



QUIT SMOKING

BEFORE IT'S TOO LATE
3156 9012/ 3156 9015

Contact us:

Jockey Club Tin Shui Wai Community Health Centre
Unit 103, 1st Floor, Tin Ching Amenity and
Community Building, Tin Ching Estate,
Tin Shui Wai, New Territories

Services are also provided territory-wide

**All services are provided
for FREE**

Cara berhenti merokok

1. Tentukan tanggal berhenti merokok.
2. Buang semua rokok, asbak dan korek.
3. Jauhi situasi merokok
4. Cari bantuan profesional.



Layanan lain

- ◆ **Pelatihan Duta Berhenti Merokok**
Keluarga, Teman, Mereka yang berhenti merokok dipersilakan bergabung!!

Klinik satelit yang menyediakan layanan

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Organisasi Pendukung:



Layanan utama kami

- ◆ Membudayakan berhenti merokok
- ◆ Mencegah bahaya merokok
- ◆ Mengobati kecanduan nikotin

Apa yang tidak dikatakan oleh industri rokok ...

7,000

Zat beracun dan bahan kimia berbahaya.

Lebih dari 69

diantaranya menyebabkan kanker.

Efek berbahaya dari merokok

- Merokok menyebabkan berbagai jenis kanker, termasuk kanker mulut, paru-paru, perut, hati dan serviks.

Maukah anda membahayakan anak?

- perokok pasif sama bahayanya dengan perokok aktif!

Program Berhenti Merokok untuk Etnis Minoritas dan Pendatang Baru

Bahasa Version



BERHENTI MEROKOK SEBELUM TERLAMBAT 3156 9012/ 3156 9015

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Tin Shui Wai, New Territories

Kami menyediakan layanan di berbagai wilayah

Semua layanan disediakan gratis