

HANG TUFF DONT PUFF

If you and your girls are keen, why not do it as a group?

Stop together, get more perks together

**TO BOOK AN APPOINTMENT OR
FOR MORE INFO GET IN TOUCH**

0800 569 568

FREE TEXT "NOW" TO 590



HANG TUFF SMOKEFREE 2025



@HANGTUFFSMOKEFREE2025



"Ehara taku tao i te tao takaitahi,
engari he tao takaitahi" "
*my strength is not the strength
of one. It is the strength of many*

FREE SUPPORT

FREE SMOKING MEDS

FREE ADVICE ON

PRESCRIBED MEDS

FREE INFO ON VAPING

FREE KAI

WRAP AROUND

HEALTH &

SOCIAL

SUPPORT

