



**With your buddy's
help, you can
stop smoking.
And start holidaying.**
Quitting smoking is
easier with a buddy

**WIN A
HOLIDAY
FOR TWO**

2018
Quit & Win
戒烟就赢

Start your journey to
health and win a 3-nights
holiday within NSW for
you and your quit buddy!

ENTER NOW!



Enter the Quit & Win competition before 31 August for a chance to win a holiday for you and your buddy. All you need to do is find a support person and stay smoke-free for four weeks during the month of September 2018

The Quit & Win Campaign is jointly organised by Chinese Australian Services Society (CASS) and NSW Multicultural Health Communication Service (MHCS). The aim of the project is to reduce the smoking rate of the Chinese community in NSW.

Smoker receiving support from others is a key feature of the campaign. If the participant can stop smoking with the help of their supporter during the campaign period (4 weeks), the successful team will enter a lucky draw to potentially winning a 3-nights holiday within NSW for both the participant and support person.

Contact us for more information:

www.quitandwin.com.au

Quit & Win InfoLine

0419 696 425

(Monday - Friday, 9am to 5pm)

info@quitandwin.com.au

WeChat:

QuitAndWin



Three steps to register for the Quit & Win competition

Step 1

Find your quit smoking buddy

The buddy can be anyone who supports you during your 4 week quit smoking journey in September. The person can be your partner, your close friend or your colleague.

Step 2

Talk to a Chinese Quitline Advisor

Call the Chinese Quitline on 1300 784 836 to get advice on your quit smoking attempt, ask for your Quitline reference number.

Step 3

Register your interest

You and your support person can choose to:

1. Register online:
www.quitandwin.com.au
2. Download the form from the Quit & Win website, fill in your detail and post to Quit & Win Organiser, c/o Chinese Australian Services Society (CASS), 40-45 Sixth Ave, Campsie, NSW 2194.
3. email your registration form to the Quit & Win organiser:
info@quitandwin.com.au