

## 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**