



TOBACCO IS NOT OUR TIKANGA

# Smokefree Māmā

“Women who smoke are more likely to stop during pregnancy than any other time in their lives.”

Please support hapū māmā in your life  
to become Smokefree

For support, please contact your Aukati Kaipaipa Service  
[www.aukatikaipaipa.co.nz](http://www.aukatikaipaipa.co.nz)



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Facebook!

**For more information:**

**e:** [hauora@hapai.co.nz](mailto:hauora@hapai.co.nz) **ph:** 09 520 4796

**w:** [www.tearahaora.co.nz](http://www.tearahaora.co.nz)



**Hāpai Te Hauora**  
Māori Public Health



**TE ARA HĀ ORA**

Place  
Stamp  
Here

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