



My pēpi is  
**Māori** and will  
be **smokefree**

Mehemea e pai ana te  
whenua e pai hoki ngā huaa  
If the land is well,  
the fruit will be good too.

For advice and support talk to your health professional, call  
the Quitline 0800 778 778, text 4006 or visit [www.quit.org.nz](http://www.quit.org.nz)  
or [www.smokefree.org.nz/help-advice/stop-smoking-services](http://www.smokefree.org.nz/help-advice/stop-smoking-services)