

OUR VISION

FOR ABORIGINAL PEOPLE TO LIVE
HEALTHY LIVES ENRICHED BY STRONG
CULTURE, DIGNITY AND JUSTICE AND
FOR KATUNGUL'S WORK TO BE
RECOGNISED AS A DRIVING FORCE IN
ACHIEVING THIS.

OUR CORE PURPOSE

TO PROVIDE HOLISTIC AND
CULTURALLY APPROPRIATE
WELLBEING SERVICES FOR AND WITH
ABORIGINAL COMMUNITIES.

"ABORIGINAL HEALTH" MEANS NOT
JUST THE PHYSICAL WELLBEING OF AN
INDIVIDUAL BUT REFERS TO THE
SOCIAL, EMOTIONAL AND CULTURAL
WELLBEING OF THE WHOLE COMMUNITY
IN WHICH EACH INDIVIDUAL IS ABLE TO
ACHIEVE THEIR FULL POTENTIAL AS A
HUMAN BEING, THEREBY BRINGING
ABOUT THE TOTAL WELLBEING OF
THEIR COMMUNITY. IT IS A WHOLE-OF-
LIFE VIEW AND INCLUDES THE
CYCLICAL CONCEPT OF LIFE- DEATH-
LIFE"

(NATIONAL HEALTH & MEDICAL
RESEARCH COUNCIL DEFINITION).

- KOORI HEALTH IN KOORI HANDS -

CONTACT US BATEMANS BAY

1-3 OLD PRINCES HIGHWAY
BATEMANS BAY NSW 2536
PHONE: (02) 4488 4050

NAROOMA

26 PRINCES HIGHWAY
NAROOMA NSW 2546
PHONE: (02) 4476 2155

BEGA

25 BEGA STREET
BEGA NSW 2550
PHONE: (02) 6492 0532



KATUNGUL ABORIGINAL CORPORATION
REGIONAL HEALTH AND COMMUNITY SERVICES
TOLL FREE: 1800 804 201

EMAIL: RECEPTION@KATUNGUL.ORG.AU



WWW.KATUNGUL.ORG.AU



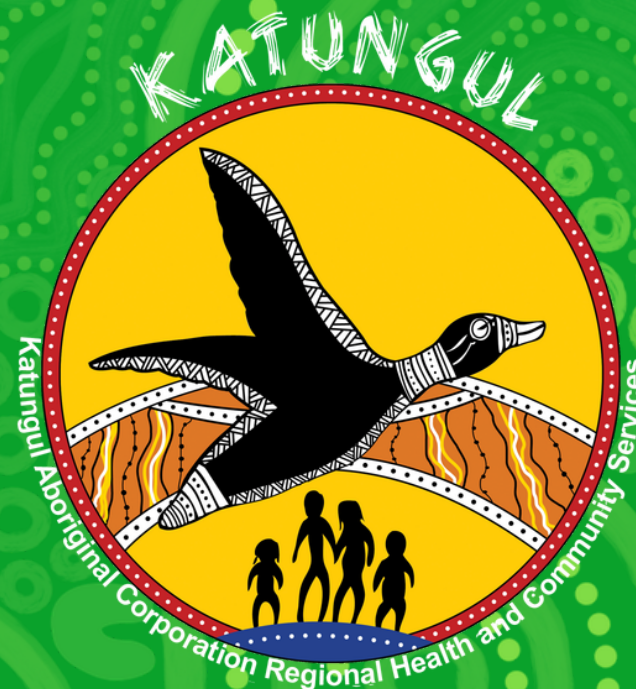
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GRAND PACIFIC HEALTH



TACKLING INDIGENOUS SMOKING

PROVIDING SUPPORT TO THE KOORI PEOPLE
OF THE NSW FAR SOUTH COAST.

WHY QUIT?

VAPES MAY FEEL SAFER, BUT THEY STILL CONTAIN NICOTINE AND CHEMICALS THAT AFFECT YOUR **BODY** AND CAN MAKE QUITTING HARDER.

QUITTING IS NOT JUST ABOUT STOPPING. IT'S ABOUT FEELING BETTER.

BREATHE EASIER

LESS COUGHING. LESS TIGHTNESS IN YOUR CHEST. MORE FRESH AIR IN YOUR LUNGS. CREATE HEALTHIER HOMES AND CARS

MORE ENERGY

BETTER SLEEP. CLEARER HEAD. MORE ENERGY FOR FAMILY AND COMMUNITY.

SAVE MONEY

KEEP MORE IN YOUR POCKET EACH WEEK. SPEND IT ON WHAT MATTERS.

PROTECT YOUR HEALTH

LOWER RISK OF HEART AND LUNG DISEASE. YOUR BODY STARTS HEALING WHEN YOU STOP.

PROTECT YOUR FAMILY

LESS SECOND HAND SMOKE AROUND KIDS AND LOVED ONES. BE A STRONG ROLE MODEL FOR THE NEXT GENERATION. SUPPORT HEALTHIER PREGNANCIES AND BABIES.

**IT'S NEVER
TOO LATE TO
QUIT.**

**THE TACKLING
INDIGENOUS SMOKING
TEAM WORKS ACROSS THE
FAR SOUTH COAST
COMMUNITY TO SUPPORT
HEALTHIER, SMOKE-FREE
DECISIONS.**

**THEY ARE ABLE TO SHARE
INFORMATION ABOUT
SMOKING, VAPING AND
HEALTH THROUGH YARNS,
AND COMMUNITY
EDUCATION.**

**THE TIS TEAM SUPPORTS
LOCAL EVENTS, HEALTH
DAYS AND ACTIVITIES
THAT PROMOTE STRONG
POSITIVE CHOICES.**

**THEY CAN HELP
WORKPLACES, HOMES,
AND COMMUNITY SPACES
BECOME SMOKE-FREE.**

**THE TEAM ALSO WORKS
WITH YOUNG PEOPLE TO
BUILD KNOWLEDGE AND
CONFIDENCE TO STAY
SMOKE-FREE THROUGH
SCHOOL PROGRAMS.**

**NEED EXTRA SUPPORT?
QUITLINE - 13 78 48
THEY HAVE ABORIGINAL
COUNSELLORS TO
PROVIDE FREE
CONFIDENTIAL SUPPORT.**

HOW CAN WE SUPPORT YOU?

**QUITTING CAN FEEL HARD.
YOU DON'T HAVE TO DO IT ALONE.**

**HAVE A YARN
WITH OUR TIS
TEAM**

**GET A
PERSONAL
QUIT PLAN**

**ACCESS FREE
NICOTINE
REPLACEMENT
THERAPY -
PATCHES, GUM,
LOZENGES AND
MORE**

**ONGOING
SUPPORT &
CHECK-INS**

READY TO START?

**YOU DON'T HAVE TO QUIT
FOREVER TODAY.
JUST START WITH ONE SMALL STEP.**

- ✿ **DELAY YOUR FIRST SMOKE**
- ✿ **CUT DOWN ONE CIGARETTE**
- ✿ **LEAVE THE VAPE AT HOME**
- ✿ **TALK TO SOMEONE YOU TRUST**