

# smokecheck

Brief intervention for smoking cessation

## The SmokeCheck Training Workshop covers:

Brief intervention & motivational interviewing	Health effects from smoking
History of tobacco use	Nicotine dependence
Smoking prevalence in Aboriginal & Torres Strait Islanders and the general population in Australia	Nicotine replacement therapy & other quit smoking aids
Impact of tobacco on Indigenous Australians	Environmental tobacco smoke
Social determinants on Indigenous health	“Stages of change” health promotion model
Cigarette content	SmokeCheck resources & case studies

**When:** Thursday 8 December 2011, 10.30am – 4.00pm

**Where:** **Wagga Wagga Community Health Centre,**  
Group Room 4, Docker St, Wagga Wagga

**Phone:** Tanya: 9351 7431 or Paula: 9351 5129

**Email:** [smokecheck@sydney.edu.au](mailto:smokecheck@sydney.edu.au)

**RSVP by:** 1 December 2011

***Please note:***  
*the contribution and attendance of health workers who smoke will be valued and is encouraged.*

**You can also register online:**  
[www.smokecheck.com.au](http://www.smokecheck.com.au)



smokecheck...Working towards smoke free Aboriginal communities in NSW

