

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: Tuesday 29 November 2011, 9.30am – 4.00pm

Where: **Invercauld House**, 161 Invercauld Road, Goonellabah

Phone: Tanya: 9351 7431 or Paula: 9351 5129

Email: smokecheck@sydney.edu.au

RSVP by: 22 November 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



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

