

# nomore BUTTS

quit smoking FOR PEOPLE WITH HIV

## quitting

- **Benefits your health**

if you are an HIV positive smoker this is one of the most significant ways to improve your health

- **may take several attempts**

the more quit attempts the closer you are to success

- **BUILDS CONFIDENCE**

you realise you can take on challenges and take control of your life

- **is a choice you make**

you need to be ready, set goals and make plans to achieve them



Andrew Georgiou

## Ready to quit?

**Talk to your doctor / health worker  
or visit [www.nomorebutts.org.au](http://www.nomorebutts.org.au)**

If you have a health care card and you need financial assistance for quit smoking therapies contact BGF on 9283 8666 or toll free 1800 651 011



Project of the NSW  
HIV Health Promotion  
Interagency

PositiveLifeNSW  
the voice of people with HIV since 1988

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BUILDING OUR COMMUNITY'S  
HEALTH & WELLBEING



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