

## **Be Good To Yourself Quit Smoking**

[A beautiful and confidence woman is showing her daily lives.]

Voice over: Want to be healthy?

Voice over: Want to look beautiful?

Voice over: Want a confident smile?

The woman said: To treat my body with respect. I have quit smoking! It's time you quit too!

[The screen displays a message: Be good to yourself. Quit smoking.

Department of Health Smoking Cessation Hotline – 1833 183.

Hospital Authority Quitline – 2300 7272

Tobacco Control Office]