

A smiling woman with short dark hair, wearing a white apron over a black and white striped shirt, is cooking in a kitchen. She is holding a large silver frying pan with a black handle, which contains a mixture of vegetables like tomatoes, onions, and carrots. The background shows a kitchen with wooden cabinets and a tiled backsplash.

SPEND

YOUR

TIME

IN NEW

WAYS

Take a break  
from gambling.

Spend your time  
trying a new recipe,  
baking a treat  
or cooking your  
favourite meal.



ALL-IN

Everyone in Ballarat  
Has a Role to Play  
in Preventing  
Gambling Harm

[www.bchc.org.au/service/all-in-gambling/](http://www.bchc.org.au/service/all-in-gambling/)