



SPEND

YOUR

TIME

IN NEW

WAYS

Take a break from gambling.

Spend your time learning yoga, taking an online exercise class or trying a new hobby.



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/)