

PREGNANT AND SMOKING?

(It's okay to ask for help.)

We know how hard it is to quit smoking when you're pregnant. Which is why your doctor wants to help. Today's health care providers have new programs and proven methods to help you successfully quit. And it all begins with them knowing that you smoke. So be honest with your doctor, and ask for the help you deserve.

For more information, visit
www.helppregnant smokersquit.org

