

# PREGNANT AND SMOKING?

## (It's okay to ask for help.)

We know how hard it is to quit smoking when you're pregnant. And we know how much you want to quit. Which is why we want to help. There are new programs and proven methods that can help you quit smoking once and for all. It's never too late to quit smoking during your pregnancy. The first step is to ask your healthcare provider for information.

For more information, visit  
[www.tobacco-cessation.org/pregnantsmokers.htm](http://www.tobacco-cessation.org/pregnantsmokers.htm)  
For additional support, call 1-800-QUIT-NOW

