



Yep, There's Never Been a Better Time to Quit Smoking

QUITTING TOBACCO before or during pregnancy is an important step as a mother. No matter how far along you are in your pregnancy, you and your baby will be healthier if you quit now.

Breaking your tobacco addiction is hard, but you can succeed. Go ahead, quit now! Your baby is worth it.

Call **1-800-Quit-Now** (784-8669); it's *Free* and it's *Confidential*.



1-800-QUIT NOW

Indiana's Tobacco Quitline

www.QuitNowIndiana.com