

A TIP FROM A
**FORMER
SMOKER**



**The best future you can give
your child is a smokefree one.**

Anne G., age 36, Hawaii

Anne wanted her baby to have a healthy start in life. So she quit smoking and made her home smokefree. Anne says life has never been better.

YOU CAN QUIT.

For free help, call 1-800-QUIT-NOW



Scan for free resources
to help you quit smoking

For Print Only

