

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

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