

Think About It



Quitting smoking
is one of the best things
that you can do.



Your child's doctor and
CEASE can
help you quit.

Think About It



Quitting smoking
is one of the best things
that you can do.



Your child's doctor and
CEASE can
help you quit.

Think About It



Quitting smoking
is one of the best things
that you can do.



Your child's doctor and
CEASE can
help you quit.

You probably know
that you should
quit smoking, but you
may not know how.

Ask your child's doctor
or nurse to help you
quit smoking today.

Call your local quitline
directly for help.

You can quit.

CEASE

1-800-QUIT-NOW
1-800-784-8669
www.ceasetobacco.org

Think About It

You probably know
that you should
quit smoking, but you
may not know how.

Ask your child's doctor
or nurse to help you
quit smoking today.

Call your local quitline
directly for help.

You can quit.

CEASE

1-800-QUIT-NOW
1-800-784-8669
www.ceasetobacco.org

Think About It

You probably know
that you should
quit smoking, but you
may not know how.

Ask your child's doctor
or nurse to help you
quit smoking today.

Call your local quitline
directly for help.

You can quit.

CEASE

1-800-QUIT-NOW
1-800-784-8669
www.ceasetobacco.org

Think About It