



Healthy babies born on time.

**Quit Smoking**

**Get Free Diapers**

**Enroll Today!**

Quitting smoking is the single most important thing you can do for your health *and* the health of your baby!

### Benefits for your baby:

- Increases the amount of oxygen to your baby
- Increases the chances your baby's lungs will work
- Lowers the risk that your baby will be born too early or too small
- Increases the chance that your baby will come home from the hospital with you on time

### Benefits for you:

- Gives you more energy and helps you breathe easier
- Reduces your risk of developing smoking-related cancer and other chronic diseases
- Saves money
- Makes your clothes, hair and home smell better
- Makes your food taste better
- Helps you feel good for what you've done for yourself and your baby

## How does the BABY & ME Tobacco Free Program work?

### What you need to do:

- Commit to quit smoking and stay quit during your pregnancy
- Enroll in the BABY & ME Tobacco Free Program and attend 4 prenatal smoking cessation sessions
- Agree to take a monthly breath test to prove you are tobacco free
- Stay smoke free after your baby is born and receive a monthly voucher for free diapers, for up to

**To enroll today call:  
386-274-0601**

