

Is something
inside
telling you
it's time
to stop
smoking?



Smoking during pregnancy nearly doubles your risk of having a baby with serious health problems such as cerebral palsy, mental retardation and even death. If you're ready to quit, call 1-800-QUIT NOW or visit smokingstopshere.com. You'll receive free phone counseling along with information about resources in your area. With so many huge reasons to quit, it's that small reason inside that matters most.



Maryland's

1-800



QUIT NOW

SmokingStopsHere.com