



You  
handle a lot  
on your own.



Together,  
let's handle quitting smoking.



Your child's doctor  
can help you quit.

When you're  
ready to quit,  
*we're here to help.*

Talk to your child's  
doctor about quitting  
smoking today.

Call your local quitline  
directly for help.

*CEASE*

1-800-QUITNOW

1-800-784-8669

[www.ceasetobacco.org](http://www.ceasetobacco.org)



Designed by Nicole Hall