

When she was born,
you got a new
name...

Dad.



Isn't it time to get
rid of the other one?



Set a quit date today.

Being a dad means
taking care of your family.

Take care of yourself
and your family by
quitting smoking.

You can quit.

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

Call your local quitline
directly for help.

For more information
about quitting smoking,
call:

1-800-879-8678

1-800-833-5256 (Esp)

1-800-833-1477 (TTY)

www.trytostop.com

www.ceasetobacco.org

