

Just like Mom...



Do you want your
kids to do *everything*
that you do?



Set a quit date today.

Want model behavior?



Be a role model for your kids.

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

