

You are
invited
To Quit Smoking
for you &
your baby!

I am interested in:

Quitline Pregnancy Program

The Ohio Tobacco Quit Line Pregnancy Program is a free program to help pregnant women quit and stay quit. You will receive support and advice from an experienced 'Quit Specialist' who will talk to you over the phone to help you create a personalized plan and will share self-help materials.

SmokeFreeMom Texting

SmokeFreeMom is a text messaging program that provides 24/7 tips, advice, and encouragement supporting pregnant women in quitting smoking.

One-on-One Counseling

Meet in person with your own counselor! They will provide support and tips that are just for you to help you cut down and quit smoking.

By signing up for one-on-one counseling, you can get:

- 'Quit Kit' with items to help you cut down & quit smoking
- \$25 gift card when you quit
- 50 free diapers a month until your baby is 1 year old
- Baby items at counseling visits