



I want to be tobacco-free . . .

because I matter

— Mary, 35

My Goal:

Cut back to no more than three cigarettes per day throughout my pregnancy.

My Motivation:

“I want to live long enough to achieve my dreams and to watch my children reach their goals.”

THE CHOICE TO QUIT SMOKING BEFORE, DURING, OR AFTER PREGNANCY IS YOURS. NOW YOU'VE GOT ANOTHER REASON TO BE HEALTHY.

It's easier to quit with support.
Ask your health-care practitioner for help.

 **RNAO** Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers autorisés de l'Ontario

Because i Matter 

www.tobaccofreernaο.ca