



I want to be tobacco-free . . .

*because I matter*

— Denise, 21

**My Goal:**

Find a group of women going through the same struggles to quit.

**My Motivation:**

“Getting support from my health-care provider helps me make a plan to quit smoking. With this support, I know I can do it.”

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.tobaccofreernaoo.ca](http://www.tobaccofreernaoo.ca)