



I want to be
tobacco-free . . .

because I matter

— Claire, 19

My Goal:

To stay smoke free now that the baby is born.

My Motivation:

“The temptation to start smoking again is strong but I want to remain smoke-free by focusing on my own health.”

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  Tobacco Free RNAO

www.tobaccofreernaο.ca