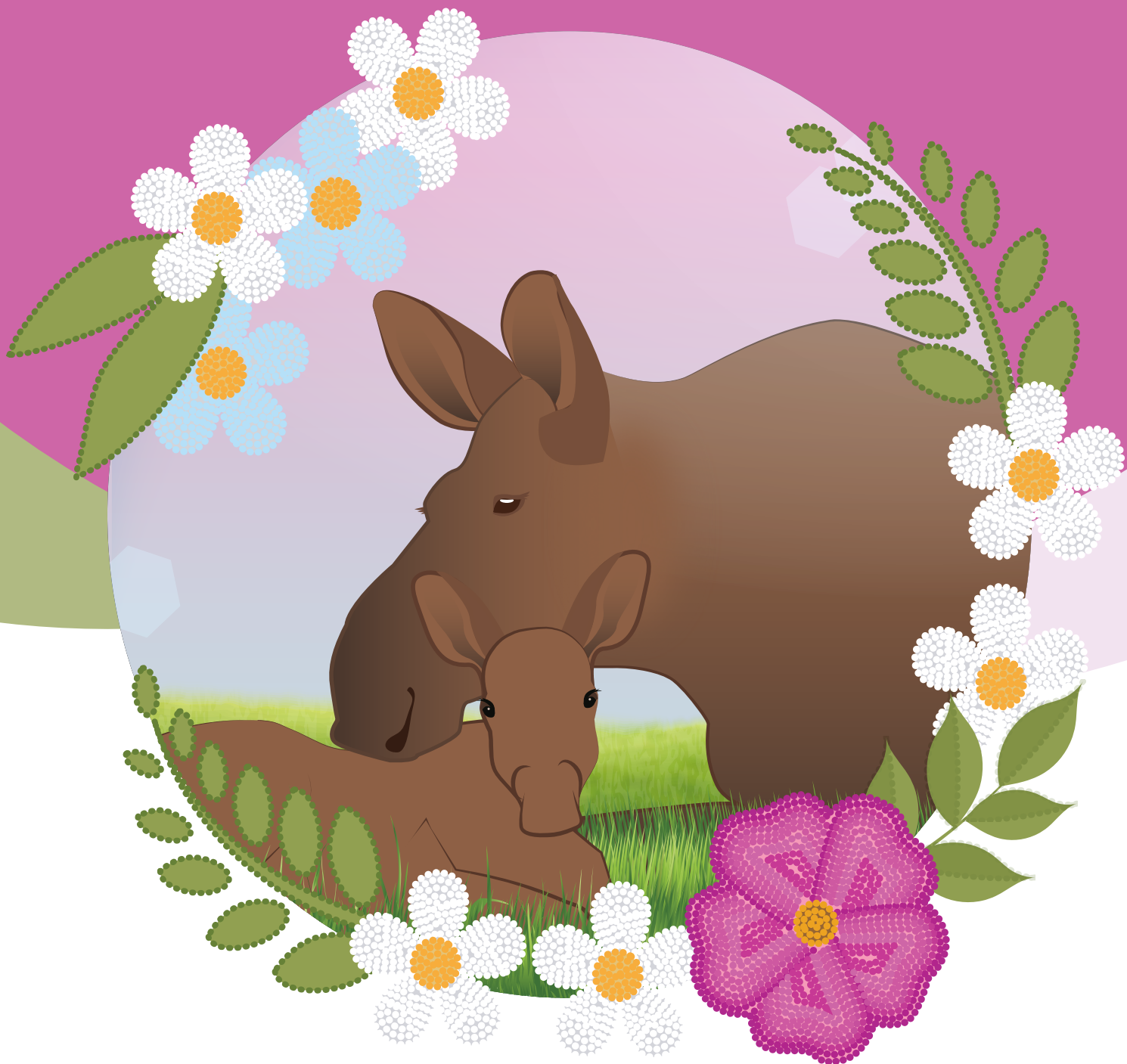


Becoming a Parent Changes Everything



**Quitting smoking during and after pregnancy is
one of the best ways to protect your family.**

Quit tobacco today:

- There are benefits to quitting tobacco and nicotine at any point during pregnancy for you and your baby.
- Alaska's Tobacco Quit Line can help you quit if you are pregnant, planning to become pregnant, or breastfeeding.

**Alaska's Tobacco Quit Line can help navigate the
unique challenges of quitting during pregnancy.**

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QUIT LINE
1-800-QUIT-NOW

Call **1-800-QUIT-NOW** (784-8669) or
Visit **AlaskaQuitLine.com**

