



Gonna' Be a Mom?

- ✓ Changing Diapers
- ✓ Breastfeeding
- ✓ Stop Smoking!

✓ ***Call the Missouri Tobacco Quitline at 1-800-QUIT-NOW
(1-800-784-8669) for information and counseling.***

You may be eligible for free nicotine gum with a physician's approval.

Missouri Department of Health and Senior Services
www.dhss.mo.gov/WIC • www.dhss.mo.gov/SmokingAndTobacco

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