



Gonna' Be A Mom?

✓ Changing Diapers

✓ Breastfeeding

✓ Stop Smoking!

✓ Call the Missouri Tobacco Quitline, 800-QUIT-NOW (800-784-8669) or go to www.quitnow.net/Missouri
You may be eligible for free nicotine gum with a physician's approval.



Missouri Department of Health and Senior Services • health.mo.gov/wic
AN EQUAL OPPORTUNITY ACTION EMPLOYER Services provided on a nondiscriminatory basis.

This institution is an equal opportunity provider.

WIC-510 (01-16)