



**YOU CAN QUIT.
WE CAN HELP.**

**It's never too late to quit smoking
for you and your baby.**

ASHLine Quit Coaches
provide support before and
after your pregnancy.

THE ASHLINE PROVIDES:



Free, confidential support.



24/7 live coaching.



Phone or text.



Online tools and resources.



Nicotine patches, gum or lozenges.*

*Requires a doctor's approval



**Call The Arizona Smokers'
HelpLine at 1-800-55-66-222
or sign up at ASHLine.org**