



# SMOKE-FREE PREGNANCY

**Myth:** Quitting smoking is too stressful on mom and baby.

**Fact:** Many women find it easier to make healthy choices while they are pregnant. Quitting smoking and avoiding exposure to second-hand smoke are healthy choices.

Any time is a good time

- Save money
- Live longer
- Break free
- Have a healthy baby

Smokershelpline.ca  
pregnets.org  
Tobacco Hotline (905) 540-5566



Hamilton  
Public Health Services