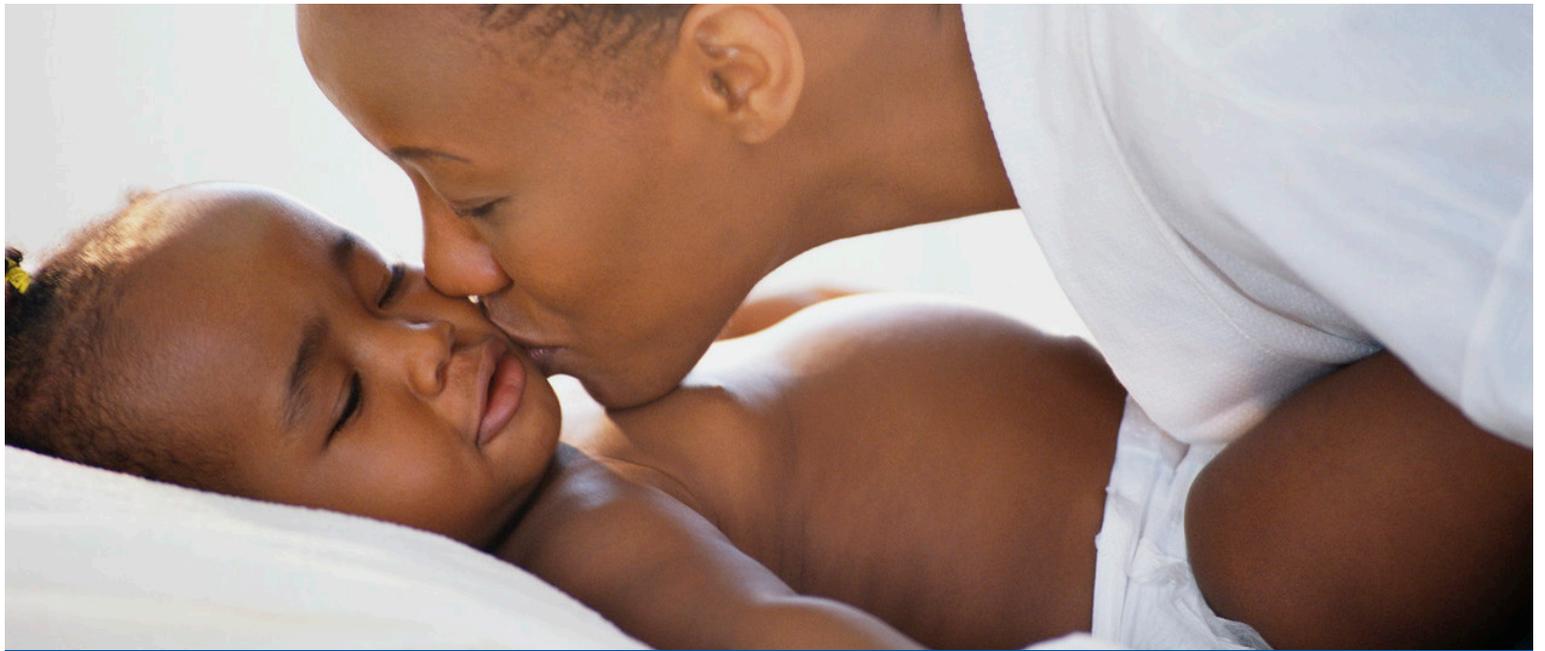




BABY & ME
TOBACCO FREE PROGRAM



BABY & ME
TOBACCO FREE PROGRAM



BABY & ME TOBACCO FREE

THE PLEDGE

I agree to:

- Participate in the four prenatal quit smoking sessions.
- Quit smoking and stay quit during my pregnancy.
- Take a monthly breath test to show that I'm tobacco free.
- Stay smoke free after your baby is born to receive a monthly voucher for free diapers for up to 12 months.

THE BENEFITS

- **Free Smoking Cessation Sessions:** Quitting smoking is the best thing you can do for the health of you and your baby.
- **Free Diapers:** Receive a monthly voucher for free diapers for up to 12 months when you stay smoke free after your baby is born.

SIGN UP TODAY!

Contact:

Kristie Beckett
Baby & Me Tobacco Free Program
Women's Health & Family Planning
Columbus Public Health
240 Parsons Ave
Columbus, OH 43215
Phone: 614.645.2135
Fax: 614.645.1849
Email: KMBeckett@columbus.gov

Funded by the Ohio Department of Health, in partnership with:

COLUMBUS PUBLIC HEALTH • 240 Parsons Ave, Columbus, OH 43215 • www.publichealth.columbus.gov

2/2015



BABY & ME TOBACCO FREE

THE PLEDGE

I agree to:

- Participate in the four prenatal quit smoking sessions.
- Quit smoking and stay quit during my pregnancy.
- Take a monthly breath test to show that I'm tobacco free.
- Stay smoke free after your baby is born to receive a monthly voucher for free diapers for up to 12 months.

THE BENEFITS

- **Free Smoking Cessation Sessions:** Quitting smoking is the best thing you can do for the health of you and your baby.
- **Free Diapers:** Receive a monthly voucher for free diapers for up to 12 months when you stay smoke free after your baby is born.

SIGN UP TODAY!

Contact:

Kristie Beckett
Baby & Me Tobacco Free Program
Women's Health & Family Planning
Columbus Public Health
240 Parsons Ave
Columbus, OH 43215
Phone: 614.645.2135
Fax: 614.645.1849
Email: KMBeckett@columbus.gov

Funded by the Ohio Department of Health, in partnership with:

COLUMBUS PUBLIC HEALTH • 240 Parsons Ave, Columbus, OH 43215 • www.publichealth.columbus.gov

2/2015

