When she was born, you got a new name…

Dad.

Isn’t it time to get rid of the other one?

Set a quit date today.
Being a dad means taking care of your family.

Take care of yourself and your family by quitting smoking.

You can quit.

Ask your child’s doctor or nurse to help you quit smoking.

For FREE help quitting smoking, call the California Smokers' Helpline at:

1-800-NO-BUTTS [English]  
(1-800-662-8887)

1-800-45-NO-FUME [Spanish]  
(1-800-456-6386)

www.nobutts.org  
www.ceasetobacco.org