

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



California Smokers' Helpline
1-800-NO-BUTTS

Version 8.20.2009