

Pregnancy and Smoking

Know the Facts:

- A baby in the womb gets everything from it's mother.
- Babies who are exposed to secondhand smoke have weaker lungs than other babies. This increases the risk of Sudden Infant Death Syndrome.
- Babies of smoking mothers are more likely to: be born prematurely and with a low birth weight, have organs that are smaller on average than babies born to non-smokers, have poorer lung function, get ill more frequently, get painful diseases such as ear infections and asthmatic bronchitis, and become smokers themselves in later years.
- Fight for your health and the health of your baby. Quit and be free.



"Let's hear your fight song!"
Margarita Purvis, Tobacco Treatment Specialist at Independent Living Resource Center of Northeast FL

Source: "Preventing and Managing Chronic Disease in Women." *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 17 Oct. 2011. Web. 14 Aug. 2013.

Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

When you are ready to quit, we are ready to help!

Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit www.alectobacco.com to find classes



Center	County	Address/Phone
Ability 1 st	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

www.AHECtobacco.com

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.
I Quit with AHEC.