



# There May Be A Dark Cloud Over Your Baby's Arrival

You're building your nest. But there's a dangerous cloud over your baby's environment. If you're a smoker, quitting smoking while you're pregnant can prevent many complications, including SIDS and allergies. We know quitting is hard. That's why support is available. Let quitting be part of your nesting process. Call today.

**Call 1-800-QUIT-NOW for details or to enroll.**

(1-800-784-8669)

**SMOKEFREE**  
**oregon**