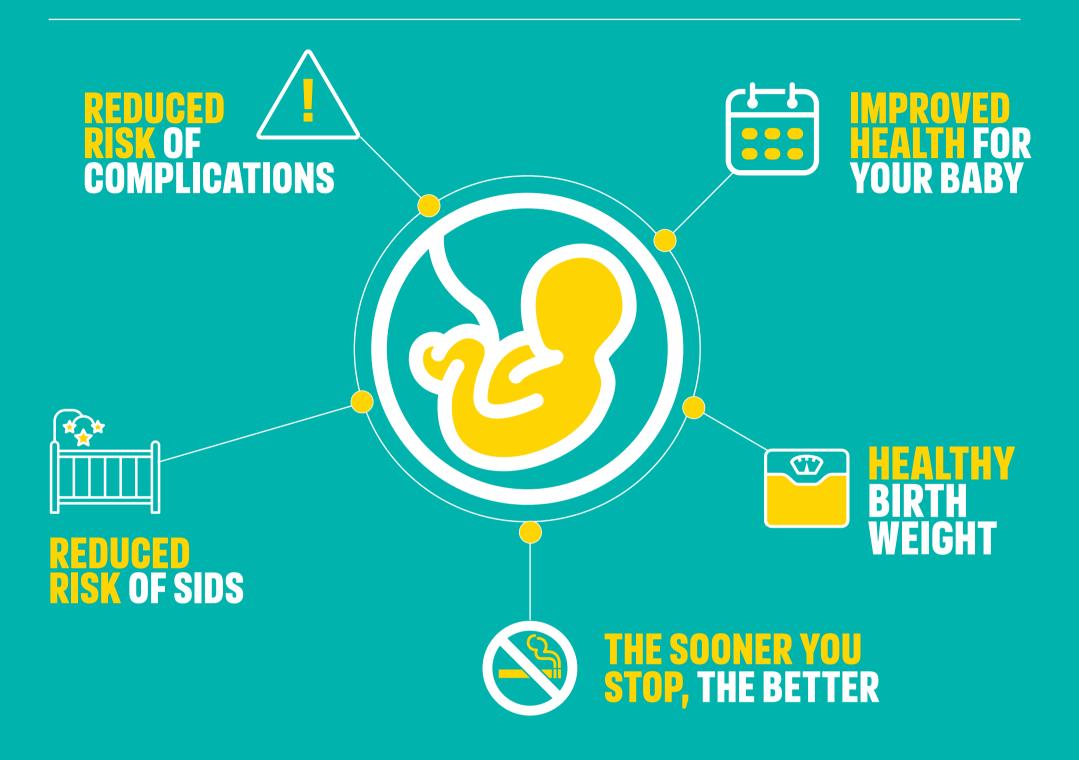
## THE BENEFITS OF STOPPING SMOKING IN PREGNANCY



People who get expert support from local stop smoking services are three times as likely to quit successfully as those who try to quit unaided.

Speak with your midwife for more information on how you can get started with a free stop smoking specialist.

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