



¿Do you smoke?

Are you pregnant? or
Are you a mother of a baby under 6
months of age?

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You are not alone!



Smoke Free Babies

Is a free program that includes:

- Private and personalized one-on-one counseling
- Counseling in the home
- Education on best methods for quitting

For more information please call: 707.575.6043 ext. 19
and ask for Michelle Escobar-McGarry



northern california
Center for Well-Being



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Services