



**Smokefree  
air is good  
for you  
and your  
baby!**



**Call 1-800-QUIT NOW  
to stop smoking**



**Learn more **

# Help your kids breathe healthy air



Contact us for more information  
☎ 202.574.6789    💻 [breathedc.org](http://breathedc.org)

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for help to stop smoking

The Breathe DC East River Tobacco Cessation Program is for District of Columbia residents who are insured by AmeriHealth Caritas DC, Health Services for Children with Special Needs, MedStar Family Choice or Trusted Health Plan.

If you have a different insurer, you can still call 1-800-QUIT NOW for help to stop smoking.



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Breathe DC works to improve lung health. Learn more at [breathedc.org](http://breathedc.org)