



Are you a smoker ?

Penn State Extension wants to help you quit for good!

Pregnant women and new moms who participate in one of our FREE programs, either in person or over the telephone, may earn free diapers.

For more information or to register, call our help line at 1-888-NO-HABIT.
(1-888-664-2248)



Did you know?

Smoking puts you at risk for miscarriage and your baby at risk for low birth weight, asthma and Sudden Infant Death Syndrome.