

**Stopping smoking can
help you feel better during
pregnancy and beyond.**

Speak to your midwife,
health visitor or visit
smokefreesheffield.org



Stopping smoking can:

- Benefit your body and mind
- Improve your mood and overall wellbeing
- Help you feel more in control
- Support your ability to bond with your baby



Smokefree
Sheffield

0114 553 6296

smokefreesheffield.org