



Free Smoking Cessation Programs

The South Milwaukee Health Department now offers the following free smoking cessation programs and will assist with enrollment. Call (414) 768-8055 for more information.

- **First Breath** – this is a free program that helps pregnant women quit smoking through one-on-one counseling and personalized goal setting. Free incentives provided for participants.
- **Fax to Quit** – this program builds on the services of the Wisconsin Tobacco Quit Line which provides free, individualized tobacco cessation counseling, information, and materials to anyone interested.