

My Story

I consider myself extremely lucky to have been a part of the First Breath Program. I was smoking at least 1/2 a pack of cigarettes at the beginning of my pregnancy. With the help of the First Breath Program the amount I smoked actually decreased every month! My First Breath Program Coordinator even brought me a big bag of hard candy for my birthday which I put on my nightstand where I use to have an ashtray. In short, I delivered a healthy Full-term smoke-free baby - thanks alot First Breath Program! Keep up the good work!

Rynelle Jee

