



Produced with funding from the Iowa
Department of Public Health,
Division of Tobacco Use Prevention
and Control

© 2017 National Jewish Health,
Created October 2017

*It's beginning to look
a lot like*

QUIT-MAS



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Don't let the holidays stress you out and keep you from quitting tobacco. Talk to one of our Quit Coaches today. You may be eligible for FREE Nicotine Replacement Therapy. Visit QuitlineIowa.org or call **1-800-QUIT-NOW** for help quitting.