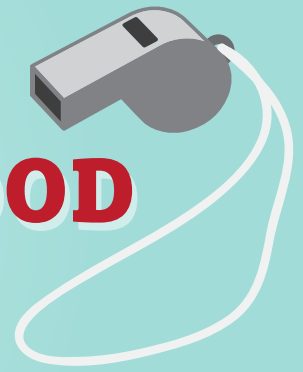
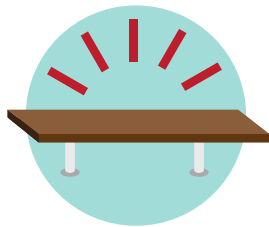


MAKE THE CALL: QUIT TOBACCO FOR GOOD



Quitting tobacco isn't easy, but taking the first step is the best way to get in the game. Use these tips to become tobacco free and block your cravings for good.



BENCH YOUR CRAVINGS

It's hard to keep your eye on the ball when you are tempted all the time. Learn what triggers your cravings and try to avoid them.



REMEMBER TO REBOUND

Did you slip up and use tobacco? Remember you can always rebound. It can take multiple shots to quit for good.



LEAN ON YOUR SIXTH MAN

Your team has your back. Ask your family and friends to keep you accountable and help you plan tobacco free activities to stay on track.



MAKE THE CALL

Call Quitline Iowa and talk with one of our quit coaches. You may even be eligible for free patches, gum or lozenges to help you quit.

You may be eligible for free Nicotine Replacement Therapy through Quitline Iowa.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669