

# BE A ROLE MODEL *by quitting*

Quitting tobacco is just one way to be a good example for your family and friends. And since every moment matters, now is the perfect time to give yourself the chance for a healthier life.

**QUIT FOR YOU, YOUR FAMILY AND YOUR FRIENDS**



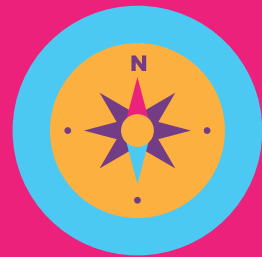
## FEEL IN CHARGE

Tobacco can control your life. Take charge and take back your time, since you won't need to plan your life around it.



## LOWER HEALTH RISKS

Live longer, be healthier and have more energy.



## LEAD BY EXAMPLE

Be a role model for your family and friends – value your health, and they will value theirs, too.

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

**VISIT [QUITLINEIOWA.ORG](http://QUITLINEIOWA.ORG) OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.**



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1 800 QUIT NOW | 1 800 784 8669