

Ready to quit?
We can help.



1.800.QUIT.NOW

(1.800.784.8669)

www.quitlineiowa.org



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Do you want to live without tobacco?

*Quitline Iowa will help you.
Our program offers:*



Phone Coaching



**Patches, Gum
or Lozenges**



Website



Quit Guide



Text Tips

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