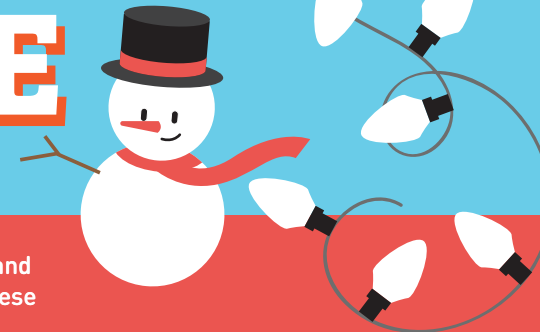


'Tis the season to be
TOBACCO FREE



It's the most wonderful time of the year, filled with family, parties... and plenty of stress and temptations. Mix those together and it's a recipe to get off your tobacco free track. But these tips can help you stay focused and get through the holidays in a healthy way.

1

TAKE CARE OF YOURSELF

You'll be busy entertaining guests and preparing for parties, but remember to put your health first. Get plenty of rest, choose healthy snacks and exercise when you can.

2

HAVE A PLAN

A lot of holiday stress can come from being unprepared. Make a plan so you'll be ready for anything that comes your way. Get your shopping done early and prepare meals in advance to help reduce holiday stress.

3

EXPECT TEMPTATIONS

With lots of holiday parties and get-togethers, you may be tempted to pick up a tobacco product. When a craving hits, take a deep breath, drink water or leave the situation.

4

LEAN ON YOUR LOVED ONES

Ask your friends and family to help you stay on track during the holiday season and after. Their love and support will give you that extra boost to help you quit using tobacco products for good.

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

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