

# DIG DEEP

You have it in you to quit tobacco.



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Visit [QuitlineIowa.org](http://QuitlineIowa.org) or call  
**1-800-QUIT-NOW** for help quitting.

Behind every great dig is a great coach. And when you're trying your best to quit tobacco, a coach can make all the difference. Find your Quit Coach at Quitline Iowa. You may be eligible for free Nicotine Replacement Therapy.



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