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THEM



QUITLINE IOWA
1-800-QUIT-NOW | 1-800-784-8669

You're a role model for the young adults in your life, both inside and outside school. Lead by example by quitting tobacco. You may be eligible for free Nicotine Replacement Therapy through Quitline Iowa. Visit QuitlineIowa.org or call **1-800-QUIT-NOW** for help quitting.