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THERE ARE PLENTY OF REASONS TO QUIT TOBACCO.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Protect your loved ones by quitting tobacco and getting rid of secondhand smoke. You may be eligible for free nicotine replacement therapy. Talk to one of our Quit Coaches today. Visit QuitlineIowa.org or call **1-800-QUIT-NOW** for help quitting.