

# QUITTING TOBACCO:

Just one more reason  
you're superwoman.

Visit [QUITLINEIOWA.ORG](https://quitlineiowa.org) or call **1-800-QUIT-NOW** for help quitting.

Is there anything you can't do? Of course not! That's why with help from Quitline Iowa, you'll conquer quitting tobacco like everything else you do in life. Contact us for a personalized quit plan that works for you. You may be eligible for free nicotine replacement therapy.

