

A photograph of two young women with dark, curly hair laughing joyfully. The woman on the left is wearing a green t-shirt and blue jeans, while the woman on the right is wearing an orange t-shirt and blue jeans. They are standing in front of a white staircase railing. The text 'ALWAYS BE YOURSELF.' is overlaid in large white letters across the middle of the image.

# ALWAYS BE YOURSELF.

*P.S. Your best self is always tobacco free.*

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

Tobacco free you has sparkling white teeth, great lungs and doesn't smell of smoke, chew or artificial vaping flavors. That sounds like a great you to be, doesn't it? If you or someone you know wants to quit tobacco, we can help. Quitline Iowa is available for anyone 13 and older, so tell your friends!

