

# FA-LA-LA-LA-LA- LA-LA-*YOU- CAN-QUIT*

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

'Tis the season for snuggles by the fireplace and finally quitting tobacco. Our gift to you this year (and every year) is a quit plan personalized to meet your needs. You may be eligible for free nicotine replacement therapy.

