



25 Words

Fight for your health and the health of your veterans by quitting tobacco for good. Visit QuitlineIowa.org or call 1-800-QUIT-NOW for help quitting.

50 Words

Military personnel, veterans and their families don't use the word "quit." But when it comes to your health, quitting tobacco is the best thing you could do. Make more time for what really matters by getting the help you need from Quitline Iowa. Visit QuitlineIowa.org or call 1-800-QUIT-NOW.

100 Words

Military personnel, veterans and their families don't use the word "quit." But when it comes to your health, quitting tobacco is the best thing you could do to live a fuller life and save a lot of money. Fight for your health and the health of your veterans by quitting tobacco for good. Plus, you don't have to do it alone! Quitline Iowa has a legion of coaches for support, and you may be eligible for free Nicotine Replacement Therapy. Visit QuitlineIowa.org or call 1-800-QUIT-NOW for help quitting.