

GET AN ASSIST

to help you quit tobacco.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Visit QuitlineIowa.org or call
1-800-QUIT-NOW for help quitting.

Behind every great player is a great coach. And when you're trying your best to quit tobacco, a coach can make all the difference. Find your Quit Coach at Quitline Iowa. You may be eligible for free Nicotine Replacement Therapy.



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