



## **25 WORDS**

Take care of yourself and your family by quitting tobacco. Get the help you need with Quitline Iowa. Visit [QuitlineIowa.org](http://QuitlineIowa.org) or call 1-800-QUIT-NOW.

## **50 WORDS**

Quitting tobacco is one of the best things you can do for your health, and the health of your family. Quitline Iowa's pregnancy program offers free services, dedicated female coaches and support, and nine free phone calls. Visit [QuitlineIowa.org](http://QuitlineIowa.org) or call 1-800-QUIT-NOW to get started and quit for good.

## **100 WORDS**

Quitting tobacco is one of the best things you can do for your health, and the health of your family. Whether you're newly pregnant or a new mom, Quitline Iowa's pregnancy program can give you the help you need to quit for good. The free services offered through our program include dedicated female coaches and support. Plus, you get nine phone calls with a female coach to help you through your quit journey. Visit [QuitlineIowa.org](http://QuitlineIowa.org) or call 1-800-QUIT-NOW to talk to one of our coaches today, and you can be tobacco free.