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quit
tobacco
today



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Quitting tobacco is one of the best things you can do for you and your baby. Quitline Iowa's pregnancy program, with dedicated female coaches and support services, gives you the help you need to quit for good.

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