



# LIVE TOBACCO FREE.

There's never been a better time to quit than now. Quitline coaches are trained in effective cessation counseling and have a track record of success. So when you're ready to quit, we can create a plan that's right for you.

[QUITLINEIOWA.org](http://QUITLINEIOWA.org)

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**CALL 1-800-QUIT-NOW**

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