

# TACKLE IT HEAD-ON

You have the strength to quit tobacco.



**QUITLINE IOWA**

1 800 QUIT NOW | 1 800 784 8669

Visit [QuitlineIowa.org](http://QuitlineIowa.org) or call  
**1-800-QUIT-NOW** for help quitting.

Behind every great tackle 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.



Produced with funding from the Iowa  
Department of Public Health, Division of  
Tobacco Use Prevention and Control

©2017 National Jewish Health  
Created September 2017