START A CONVERSATION TO QUIT TOBACCO

February is American Heart Health Month, and there's no better time to show yourself some love. Tobacco users are more likely to develop heart disease and are at an increased risk for heart attacks and cancer. Quitting tobacco can significantly decrease these risks.

When you enroll in Quitline Iowa, you'll talk one-on-one with a Quit Coach® to help set an individualized plan to help you successfully quit for good. You'll also learn the skills and have access to the tools and support you need to stay quit. You may also be eligible to receive 8 weeks of free NRT which includes nicotine patches, gum or lozenges.

1.800.QUIT.NOW (1.800.784.8669)

www.quitlineiowa.org

QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

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

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