“My Quit Coach understood my struggle to quit. Her tips fit my life.”

“I chatted online instead of the phone. It helped me stay strong.”

“I didn’t see how talking would help, but it did. I’ve quit tobacco for good.”

For **FREE** help to **quit tobacco**

go online [www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)
or call 1-800-QUIT NOW (1-800-784-8669)

You may also be able to receive free nicotine patches or gum.