

SMOKEFREE  
oregon



“I went online and **created my own quit plan.**”



“The tips I got from the Quit Line helped me **quit for good.**”



“Talking with someone helped me **stay strong** when I wanted to smoke.”

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.