



SMOKEFREE
oregon

The **Oregon Tobacco Quit Line**
is free for all Oregonians.

Call 1-800-QUIT-NOW (1-800-784-8669)
or go to www.quitnow.net/oregon/

**Ready to quit tobacco?
The Quit Line can help you
make your own plan.**

A photograph of a smiling man with short, dark hair, wearing a blue denim button-down shirt over a light-colored t-shirt. He is standing in front of a wooden door. The photo is framed by a thick orange border.

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A photograph of a middle-aged man with dark hair, smiling broadly. He is wearing a bright red collared shirt. The background is a wooden fence and some green foliage, suggesting an outdoor setting. The photo is framed by a thick orange border.

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