

SMOKEFREE  
oregon



**“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.