



SMOKEFREE
oregon

When you're **ready to quit** tobacco,
call 1-800-QUIT-NOW (1-800-784-8669)
or go to www.quitnow.net/oregon/

“My Quit Coach didn’t judge me.

She had used tobacco and knew what
I was going through.”

The Oregon Tobacco Quit Line’s Teen Program
is free to Oregonians 13 years and older.
Connect online or by phone.

You can quit. We can help.

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