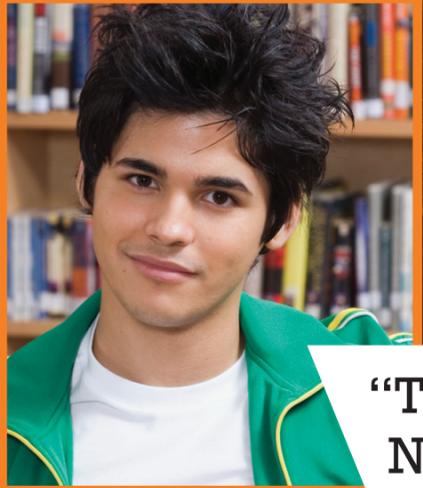
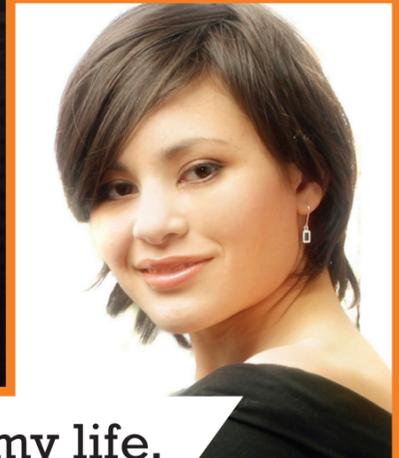




SMOKEFREE
oregon



“My Quit Coach didn’t judge me. She had used tobacco and knew what I was going through.”



“The Quit Line was a huge help. Now **I can breathe better** and have **tons of energy.**”

“Smoking was controlling my life, so I used web coaching to quit.”

The Oregon Tobacco **Quit Line’s Teen Program is FREE** to any Oregonian 13 years or older.

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