



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/

A photograph of a woman with dark hair, seen in profile, kissing a young child on the cheek. The child is wearing a red long-sleeved shirt and blue denim overalls. The image is framed by an orange border.

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

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A close-up portrait of a smiling man with short, dark hair, wearing a light blue denim shirt. He is looking directly at the camera with a friendly expression. The background is slightly blurred, showing what appears to be a wooden door or paneling.

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“When I decided to quit tobacco,
the **Quit Line helped me**
make a plan and stay strong.”

The Oregon Quit Line is free and you can make your own plan. Do it online or over the phone.

You can quit. We can help.

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