



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/



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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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