



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/

“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.

Call 1-800-QUIT-NOW (1-800-784-8669)
or go to www.quitnow.net/oregon/