



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



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**“My Quit Coach didn’t judge me.**  
She had used tobacco and knew what  
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The Oregon Tobacco Quit Line’s Teen Program  
is free to Oregonians 13 years and older.  
Connect online or by phone.

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