

# GET YOUR HEAD IN THE GAME

**YOU WOULDN'T PLAY  
FOOTBALL WITHOUT  
A COACH, SO WHY  
QUIT TOBACCO  
WITHOUT ONE?**

Call Quitline Iowa today to talk with a Quit Coach® – someone who will help you create a plan to quit for good. You may even qualify for free nicotine replacement therapy to make sure you never use tobacco again.



**QUITLINE IOWA**  
1.800 QUIT NOW | 1.800.784.8669

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**[www.quitnow.net/iowa](http://www.quitnow.net/iowa)**