

SMOKEFREE
oregon



“My Quit Coach didn’t judge me. She had used tobacco and knew what I was going through.”

“The **Quit Line** was a huge help. Now **I can breathe better** and have **tons of energy.**”

“Smoking was controlling my life, so I used **web coaching** to **quit.**”

The Oregon Tobacco **Quit Line’s Teen Program is FREE** to any Oregonian 13 years or older.

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