



Lose Tobacco. Gain Health. Save Money. Inspire Others.

The tobacco industry targets people living with disabilities. But you're stronger than they think. When you quit smoking, vaping or other tobacco, you gain:



Ability
to breathe
better



Increased
blood flow
and circulation



Reduced risk
pressure sores



Reduced risk
of heart attack,
stroke and cancer



Potential savings
of more than
\$3,000 a year



Less
second-hand
smoke

Call the Oregon Tobacco Quit Line today:
1-800-QUIT-NOW (1-800-784-8669)

- En Español: **1-855-DEJELO-YA (1-855-335356-92)**
- Native Quit Line: **1-800-QUIT-NOW (1-800-784-8669)**, then press "7"
- If you are deaf or hard of hearing, call **1-877-777-6534** or use a relay service to connect with **1-800-QUIT-NOW**



SMOKEFREE
oregon