

QUIT TIP:

DON'T STRESS

Cravings only last 3 to 5 minutes. Take a walk. Call a friend. Breathe deep. You can make it.



Enroll for free today for more tips
on how to live tobacco free.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

www.quitlineiowa.org

Produced with funding from the Iowa Department of Public Health,
Division of Tobacco Use Prevention and Control