

COLD TURKEY

makes a great sandwich



– not a great quit plan.

Visit [QUITLINEIOWA.ORG](https://quitlineiowa.org) or call **1-800-QUIT-NOW** for help quitting.

There's more than one way to successfully quit tobacco. When you contact Quitline Iowa, we'll help you come up with a personalized quit plan that works for you. Bonus: You may be eligible for free nicotine replacement therapy.

