Ready to Quit Tobacco? The Oregon Quit Line Can Help

What is the Oregon Tobacco Quit Line?

a free program
one-on-one telephone counseling anyone looking to quit tobacco
all Oregonians regardless of income or insurance
real people who are friendly and non-judgmental
in many languages

What can I expect when I use the Free Oregon Tobacco Quit Line?

- *your own* *your*
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Why should I quit?

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