

# Smoking Cessation

C I S P Q I T C W G T N X J Y  
H I P E X Y A Y N S I P A M Y  
E P G K T N M I Q R U M X Y Y  
A S W A C T K C A S Q X X L T  
L R G E R O E T T O B A C C O  
T M R N M S O R G A J C V T X  
H C K S U O A I A Z I Q B H A  
W T R E A L R D E G L T C C V  
N A N N A P D O I E I O E U X  
A Z B I D K U B C X N C H K H  
N B C T A I R K X G P U J G Z  
Z A W O N E G Y X O R O R Z F  
R I I C Z U W H L P E M S I M  
G R A I A X B W P E S D R P N  
J W P N I Y K H J R G C J T A

AIR, CANCER, CIGARETTES,  
CIGARS, HEALTH, LUNGS,  
NICOTINE, OXYGEN, QUIT,  
SMOKING, TAR, TOBACCO



**Are you ready to quit?**

Call **1-877-270-STOP** for help.

## **Oregon Tobacco Quit Line**

- Offers free quitting information
- One-on-one telephone counseling
- Referrals for you or a loved one

**If you're ready to quit, you can get:**

- A counseling session
- A quit kit

**Call this toll free number today:**

**1-877-270-STOP**