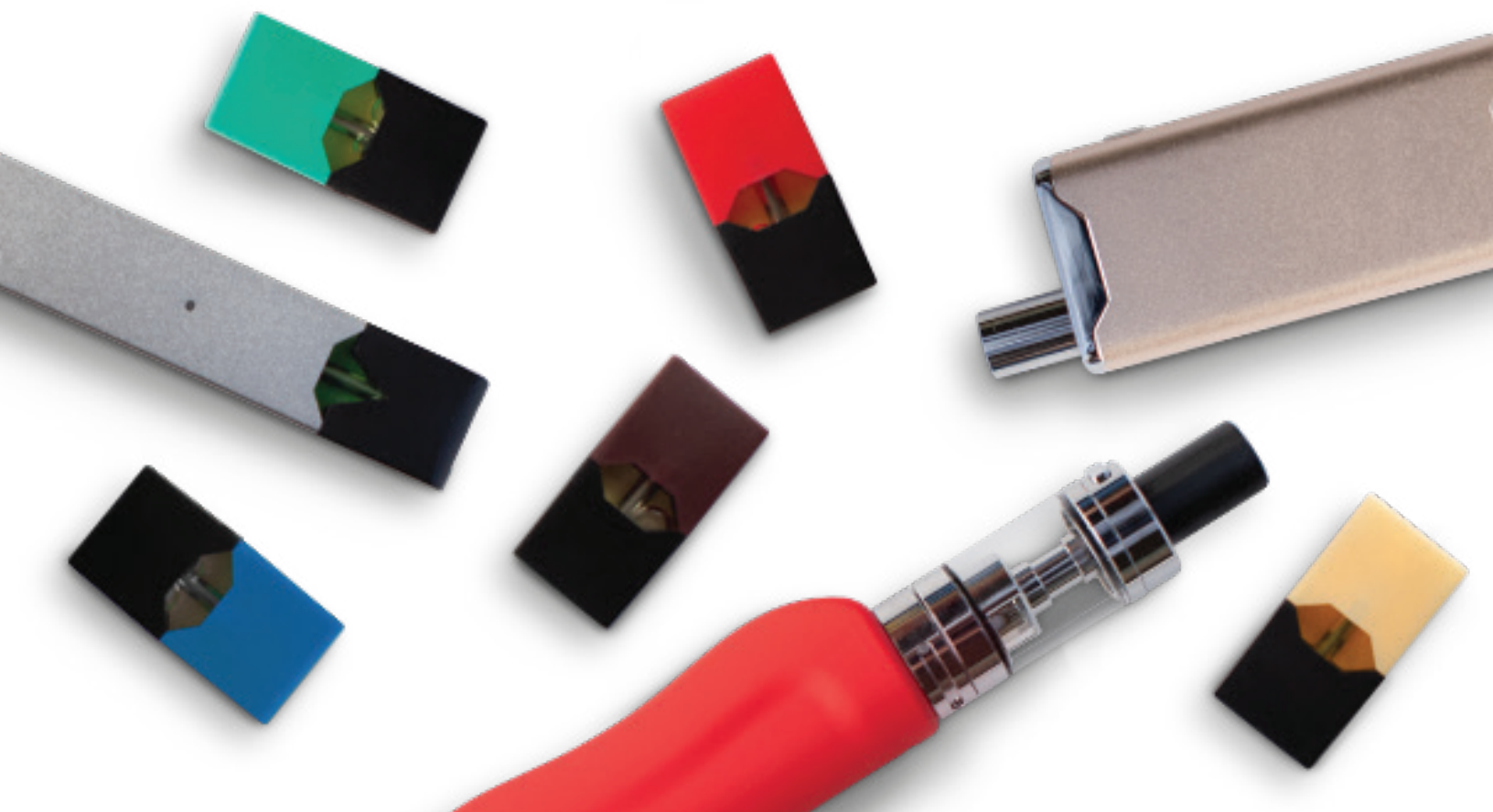


Are you trading one

ADDICTION

for another?



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

You might think vaping will help you quit tobacco. But in reality, e-cigarettes contain nicotine and other harmful chemicals, too. Quit altogether by contacting Quitline Iowa for a personalized plan. You may be eligible for free nicotine replacement therapy.

