Quitting Tobacco Has Rough Patches. We Have <u>FREE</u> Ones.

Get FREE Services through the Oklahoma Tobacco Helpline.

- \cdot Patches, gum or lozenges
- \cdot Quit Coaching
- \cdot Text, email and web support

If you're thinking about quitting, call 1-800-QUIT NOW or visit OKhelpline.com.

NO JUDGMENTS. JUST HELP.





















LOZENGES

