## 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.





Oklahoma Tobacco Helpline 1 800 QUIT NOW 1-800-784-8669 OKhelpline.com	Oklahoma Tobacco Helpline 1800 QUIT NOW 1-800-784-8669 OKhelpline.com	Oklahoma Tobacco Helpline 1 800 QUIT NOW 1-800-784-8669 OKhelpline.com	Oklahoma Tobacco Helpline 1 800 QUIT NOW 1-800-784-8869 OKhelpline.com	Oklahoma Tobacco Helpline       1     800     QUIT NOW       1-800-784-8669     OKhelpline.com	Oklahoma Tobacco Helpline 1 800 QUIT NOW 1-800-784-8669 OKhelpline.com	Oklahoma Tobacco Helpline       1     800     QUIT NOW       1-800-784-8669     OKhelpline.com	Oklahoma Tobacco Helpline          1       800       QUIT NOW         1-800-784-8669       OKhelpline.com	Oklahoma Tobacco Helpline          1       800       QUIT NOW         1-800-784-8669       OKhelpline.com
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LOZENGES