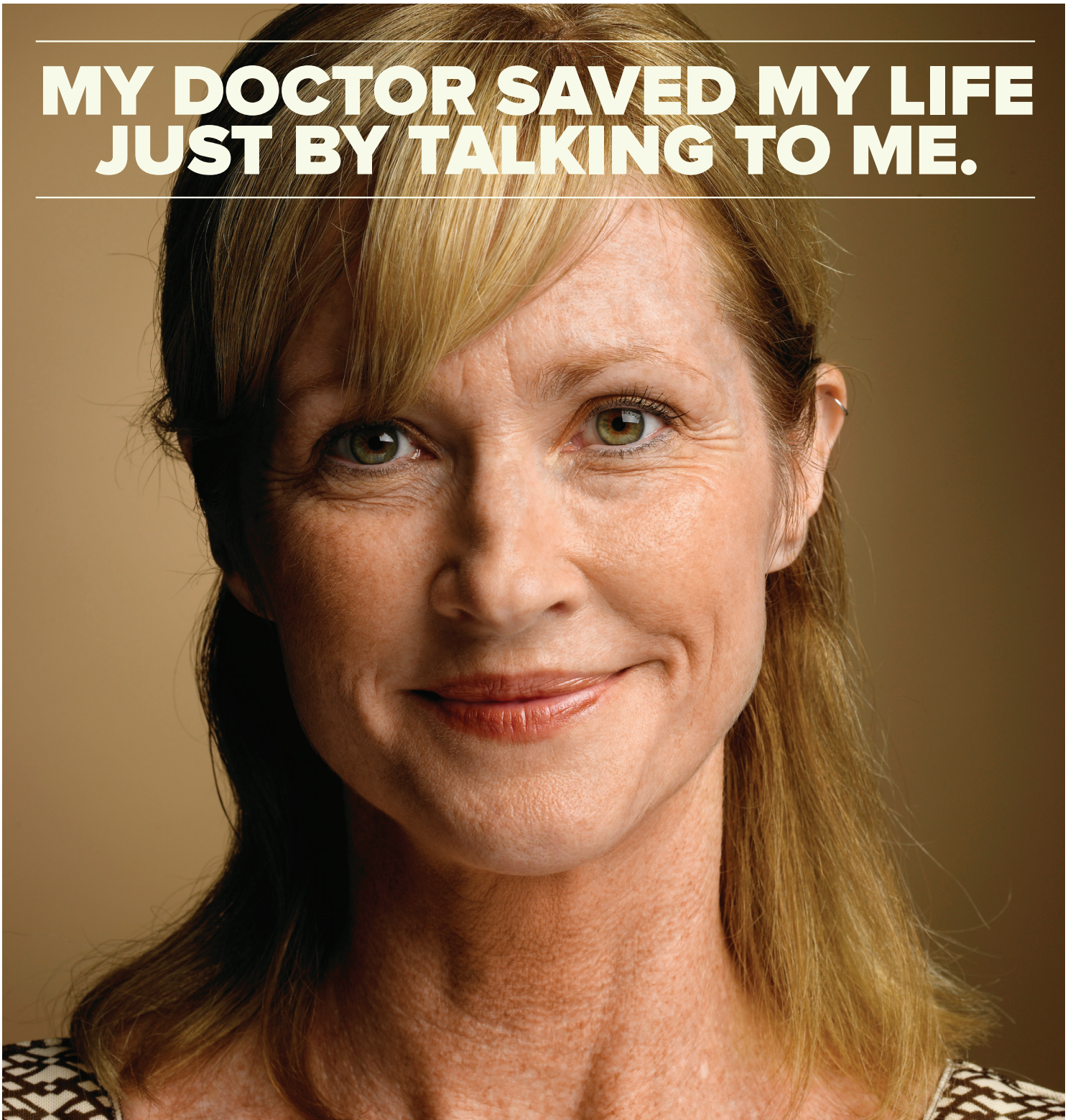


# MY DOCTOR SAVED MY LIFE JUST BY TALKING TO ME.



Talking about quitting actually improves the chances of quitting tobacco.  
Talk to your doctor about cessation benefits.

**QUIT LINE**

1-800-QUIT-NOW (1-800-784-8669)

1.855.DEJELO-YA (1.855.335356.92)

[quitnow.net/oregon](http://quitnow.net/oregon)

**SMOKEFREE**  
oregon



# LET'S BE THE GENERATION THAT ENDS BIG TOBACCO.



Talking about quitting actually improves the chances of quitting tobacco.  
Talk to your doctor about cessation benefits.

**QUIT LINE**

1-800-QUIT-NOW (1-800-784-8669)

1.855.DEJELO-YA (1.855.335356.92)

[quitnow.net/oregon](http://quitnow.net/oregon)

**SMOKEFREE**  
oregon



# MY DOCTOR SAVED MY LIFE JUST BY TALKING TO ME.



Talking about quitting actually improves the chances of quitting tobacco.  
Talk to your doctor about cessation benefits.

**QUIT LINE**

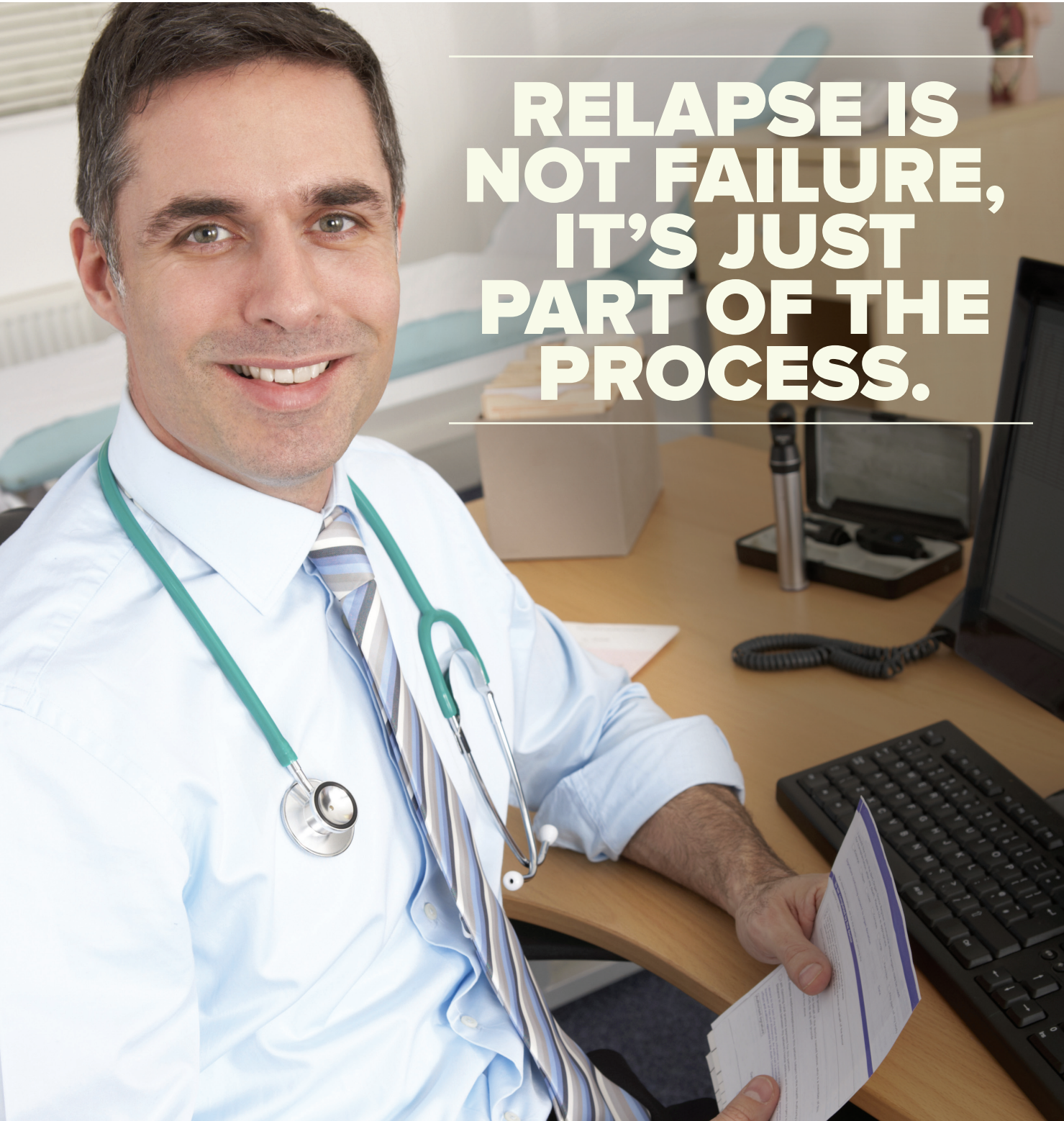
1-800-QUIT-NOW (1-800-784-8669)

1.855.DEJELO-YA (1.855.335356.92)

[quitnow.net/oregon](http://quitnow.net/oregon)

**SMOKEFREE**  
oregon





**RELAPSE IS  
NOT FAILURE,  
IT'S JUST  
PART OF THE  
PROCESS.**

Quitting tobacco is like learning to ride a bike. It can take a few times trying before you're successful. The trick is to keep trying.

**QUIT LINE**

1-800-QUIT-NOW (1-800-784-8669)

1.855.DEJELO-YA (1.855.335356.92)

[quitnow.net/oregon](http://quitnow.net/oregon)

**SMOKEFREE**  
**oregon**





---

**I NEVER  
QUIT  
ON MY  
PATIENTS.**

---

Thinking about quitting? Good health begins with a conversation about quitting tobacco. We can help.

<b>QUIT LINE</b>	1-800-QUIT-NOW (1-800-784-8669)
1.855.DEJELO-YA (1.855.335356.92)	<a href="http://quitnow.net/oregon">quitnow.net/oregon</a>

**SMOKEFREE**  
**oregon**