

LIVE A HEALTHIER, *Stress-Free Life*

Stress is one of the biggest reasons people use tobacco.
Take these simple steps to control your stress and
increase your chance of quitting tobacco for good.



MAKE SLEEP A PRIORITY



GET MOVING



EAT HEALTHY



**DON'T SWEAT
THE SMALL STUFF**

You may be eligible for free Nicotine Replacement Therapy through Quitline Iowa.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR HELP QUITTING.



QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669