

Trying To Decrease Tobacco Use?

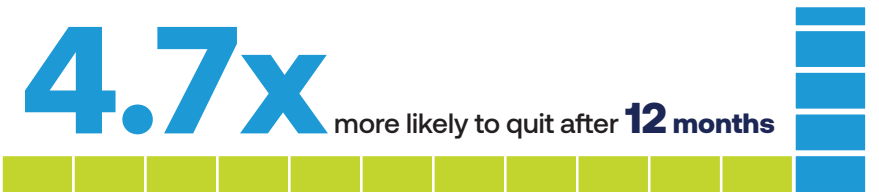


**Did
You
Know** 

People who seek help to decrease their tobacco use have a better chance at success.



People who complete a cessation program are...



...than those who try alone.

People who smoke and seek help decreasing tobacco use through programs like Nebraska Tobacco Quitline are experiencing a lot more success than those who try alone.

Let Nebraska Tobacco QuitLine help you succeed!

Be Tobacco Free. Quit today. It's FREE!



1-800-QUIT-NOW
(1-800-784-8669)
www.QuitNow.ne.gov



11225 Davenport St, Suite 101 | Omaha, NE 68154
Lung HelpLine 1-800-LUNGUSA | Lung.org

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