



We can help you get your life back by helping you quit vaping and other tobacco products. It's free, confidential and only takes a few minutes to join. Start here: ia.mylifemyquit.org



Think of My Life, My Quit as your understanding friend who just wants to help you be your best self. Our coaches are always standing by to help you quit vaping. Start here: ia.mylifemyquit.org



Why are you ready to quit vaping? Whatever the reason, we're here to help with free, confidential support. Text "Start My Quit" to 36072 or sign up here: ia.mylifemyquit.org



When you quit vaping, chewing, smoking or nicotine pouches, you help your body be healthier. Isn't that a great reason to start quitting ASAP? Learn more: ia.mylifemyquit.org

Quit Tobacco and Join the

10,000

TEENS

Who Have Taken Their Lives Back



MY LIFE MY QUIT. IOWA Health and Human Services

Free. Confidential. Totally non-judgmental.



AKA: Everything You Want to **QUIT VAPING**

MY LIFE MY QUIT. IOWA Health and Human Services

QUIT VAPING TO:


- ✓ Protect Your Brain and Lungs
- ✓ Save Lots of Money
- ✓ Feel Less Stressed




MY LIFE MY QUIT. IOWA Health and Human Services


TEXT

"Start My Quit" To 36072 To Quit Tobacco



Your Brain, Lungs AND Other Organs

Will LOVE You For It



MY LIFE MY QUIT. IOWA Health and Human Services

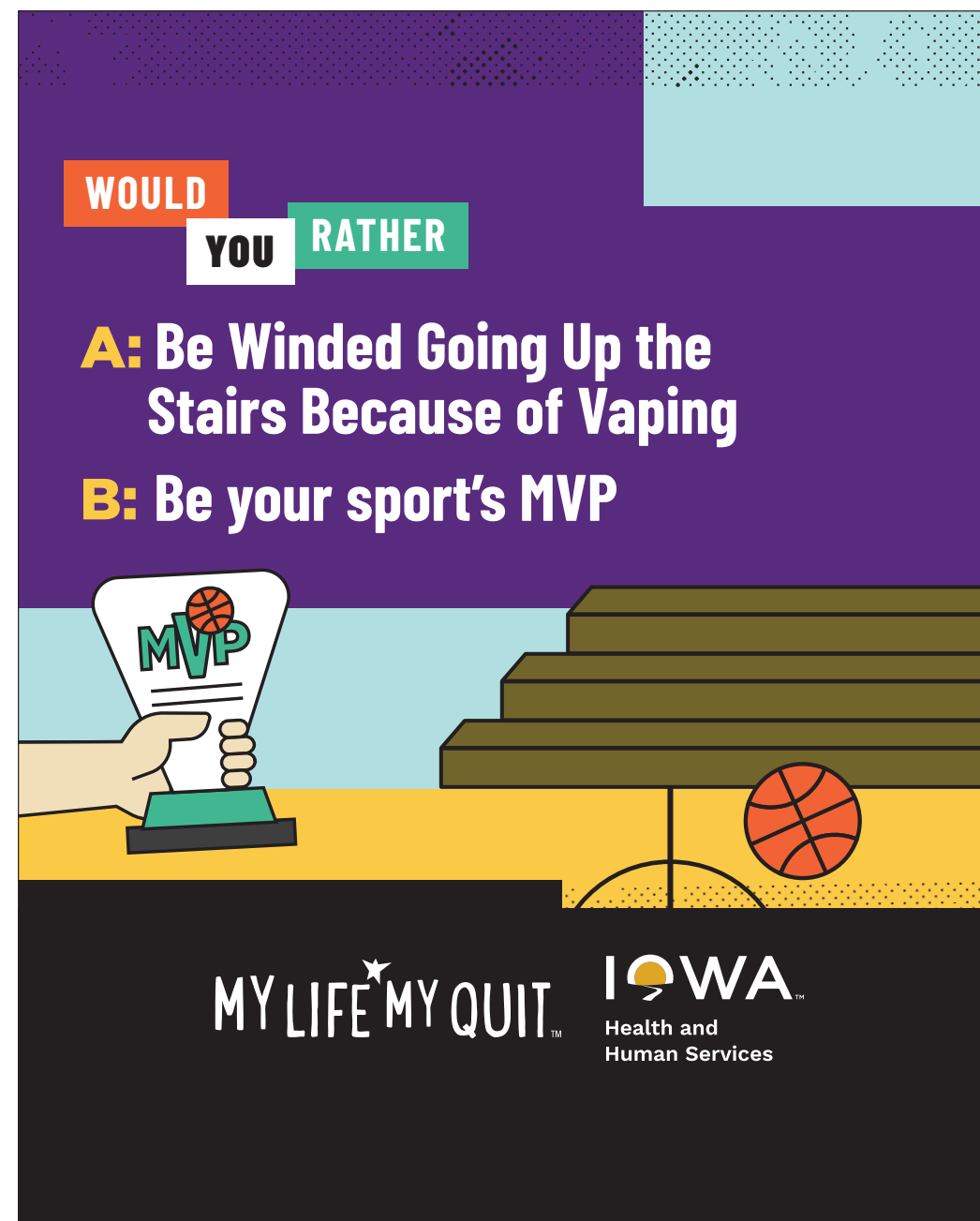
Iowa Department of Health and Human Services

Vaping costs really add up, with teens spending as much as \$500 a month. How many concert tickets, pairs of shoes, video games and <insert whatever you love here> could that money buy. Get free, confidential help quitting: ia.mylifemyquit.org



Iowa Department of Health and Human Services

By quitting vaping and other tobacco products, you can improve your health, self-esteem and more. My Life, My Quit is here with free, confidential support: ia.mylifemyquit.org



Iowa Department of Health and Human Services

Quitting vaping is good for your health — and the environment. My Life, My Quit offers free, confidential support to help you quit. Text "Start My Quit" to 36072 or start chatting now: ia.mylifemyquit.org



Iowa Department of Health and Human Services

My Life, My Quit coaches don't just give you good vibes when you want to quit vaping. They give you real ways to make quitting easier! Learn more and sign up for free: ia.mylifemyquit.org





With My Life, My Quit, you get free, confidential support from people who get you and what you're going through. It only takes a few minutes to start your quitting journey: ia.mylifemyquit.org



Whatever your reason, My Life, My Quit will be there for you every step of the way with free, confidential and non-judgmental support. Text "Start My Quit" to 36072 or chat with a quit coach here: ia.mylifemyquit.org

