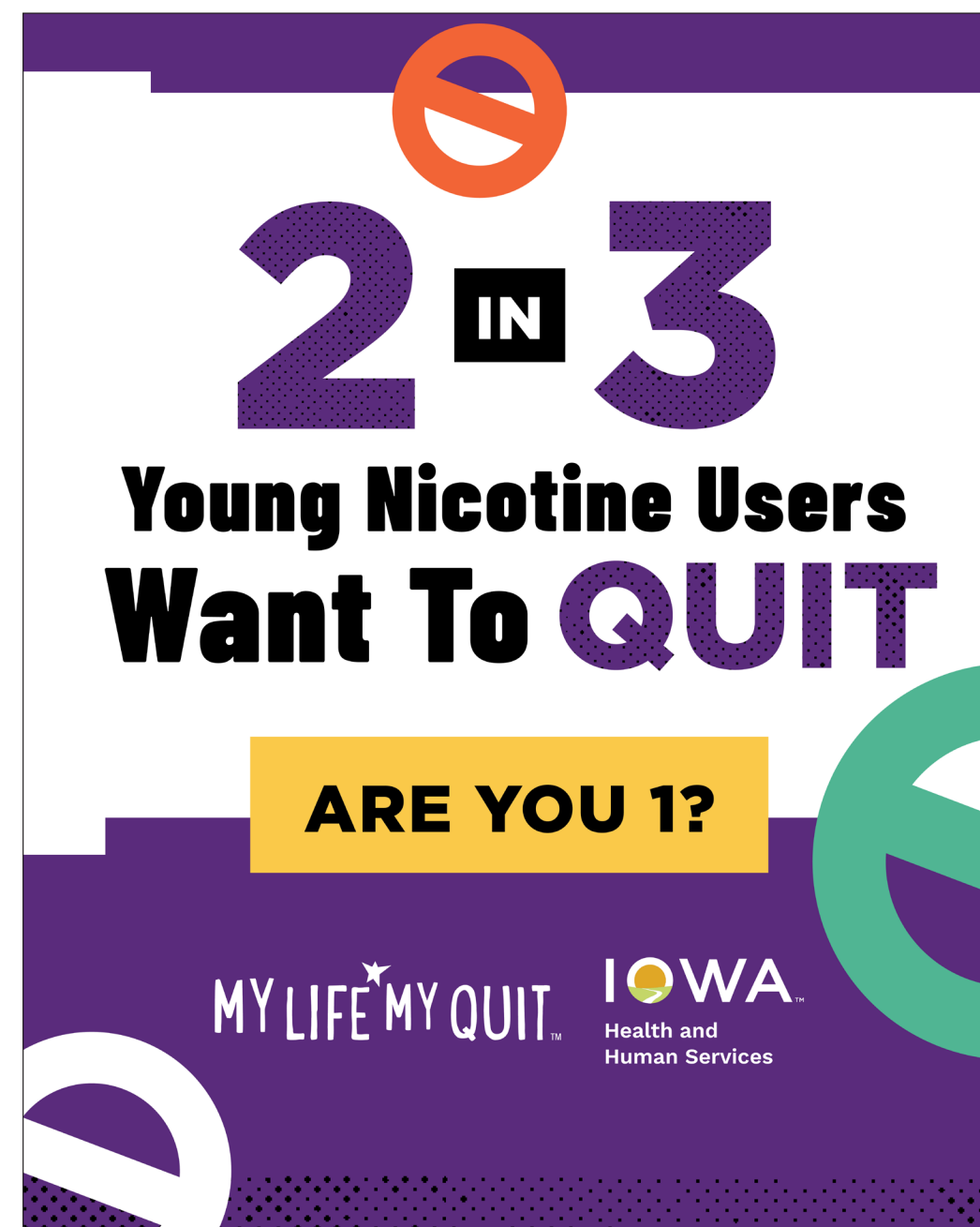


**Iowa Department of Health
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Most young people say they want to quit to feel better—mentally and physically. If that's you, you've got options. Free, confidential support is ready when you are. Go to MyLifeMyQuit.org to learn more.



**Iowa Department of Health
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Better breathing=better performance. Quit vaping or smoking with tools and coaching that make it easier at MyLifeMyQuit.org or text "Start My Quit" to 36072.



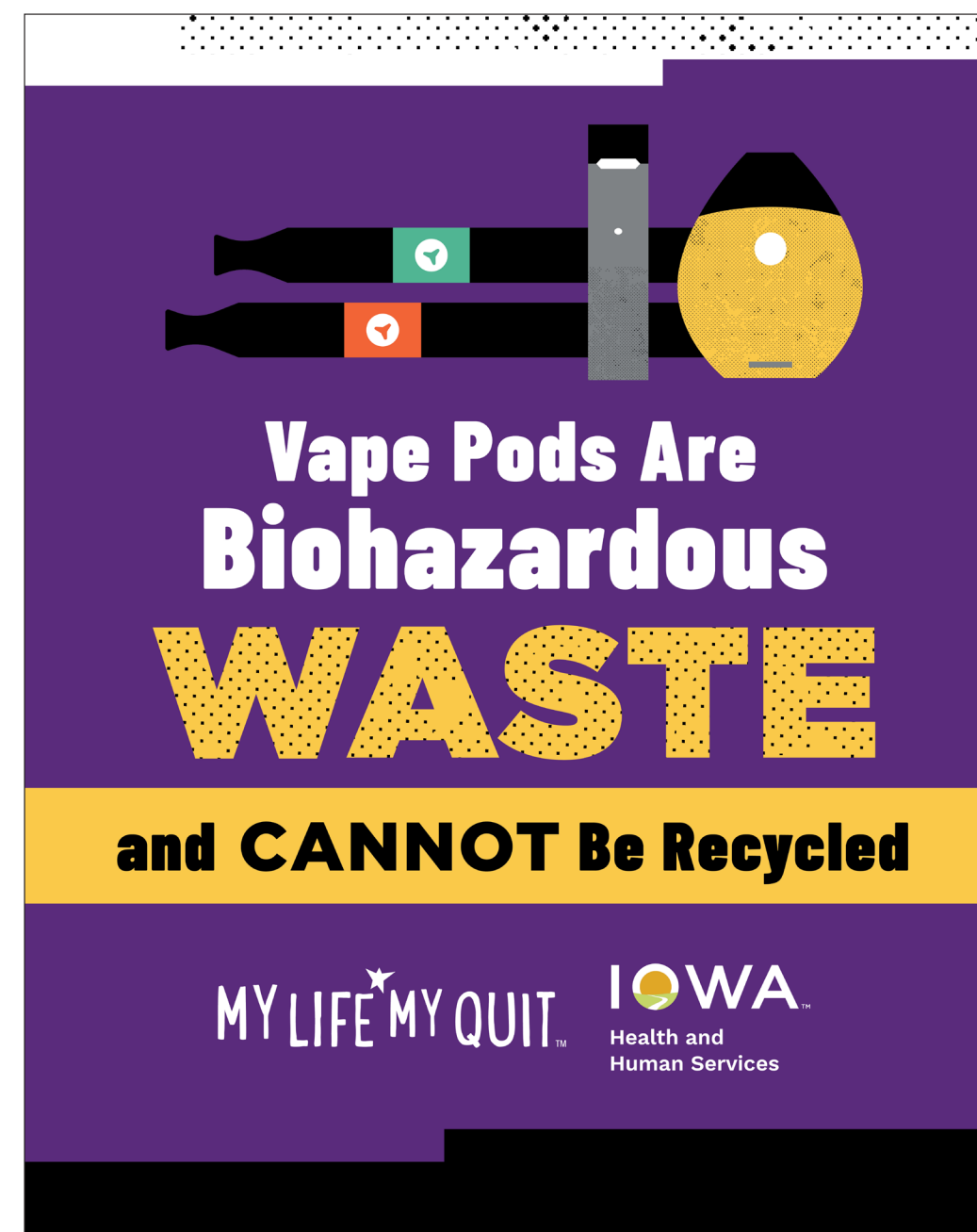
Iowa Department of Health
and Human Services

My Life, My Quit is confidential and built around you. No judgment—just real help to quit nicotine and tobacco. Text, chat or call a trained coach anytime for free. Learn more at MyLifeMyQuit.org.



Iowa Department of Health
and Human Services

More than 150 million vape pods end up as trash each year, breaking down into microplastics and toxic.



**Iowa Department of Health
and Human Services**

It's not just "water vapor." Nearly all vapes contain nicotine, plus a mix of flavorings, heavy metals and toxic chemicals like acetone (nail polish remover) and formaldehyde (used to embalm bodies). Want to quit? Start here: MyLifeMyQuit.org.

