

My mommy is

STRONG

quitting smoking is hard and she did it for me



iOS



Android



Made possible with funding from the Centers for Disease Control and Prevention.

My daddy is

STRONG

quitting smoking is hard and he did it for me

Download your Quitguide app today

#REACHTogetherMC



**Multnomah
County**
Health Department

ios



Android



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Here's to our **HEALTH!**

Our parents quit smoking for us!

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90% of TEENS don't use tobacco

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Tobacco slows down your game

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Tobacco slows down your game



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