



TOBACCO IS AN OFFERING

**KEEP OUR TRADITION SAFE.
QUIT COMMERCIAL TOBACCO.**

FREE HELP TO QUIT COMMERCIAL TOBACCO INCLUDES:

- Seven free phone calls with a dedicated Quit Coach
 - Get help from a highly trained professional who is experienced in working with Native communities and has deep respect for the culture and their unique needs.
- 12 weeks of free medication, including nicotine:
 - Patches, gum, or lozenges, or
 - Patches plus lozenges, or
 - Patches plus gum

The American Indian Quitline offers free, culturally tailored support to help you quit commercial tobacco. Together we can help protect our tradition and return to a healthy, respectful relationship with tobacco.

Call the American Indian Quitline TODAY.

**CALL 1-888-7AI-QUIT (724-7848)
OR TEXT READY TO 200-400**
