



— OUR —
**TRADITIONS
TO KEEP**
— AND —
**OUR WAY
TO QUIT
COMMERCIAL
TOBACCO**

— THE —
**AMERICAN INDIAN
QUITLINE**

CALL 1-833-9AI-QUIT

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**quit
partner**



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OUR TRADITIONS TO KEEP AND OUR WAY TO QUIT COMMERCIAL TOBACCO

Our ways of using sacred tobacco span generations, honoring the Creator through spiritual and ceremonial practices. More than ever, commercial tobacco—such as cigarettes—threatens our way of life with sickness, disease and death. Now we have our way to quit commercial tobacco too: the American Indian Quitline.

ABOUT THE AMERICAN INDIAN QUITLINE

Developed with guidance from the community, the American Indian Quitline from Quit Partner offers completely free and specially designed support to help you, or someone you know, quit commercial tobacco.

HOW WE CAN HELP

Please call the American Indian Quitline at 1-833-9AI-QUIT (1-833-924-7848) or visit us online at aiquit.com. Anyone who lives in Minnesota can get the following free help to quit commercial tobacco:

- A dedicated team of American Indian coaches who understand your culture and respect your traditions.
- Up to 10 calls with the coaches, allowing you to get to know them.
- Up to 12 weeks of free lozenges, gum or patches to help you quit the addiction.*

*18+