## GET HELP TO QUIT SMOKING

"If you don't let [the nicotine] back in, staying away from it gets easier. And you get happier too."

- Christopher, former smoker

Keep tobacco sacred while protecting your children and future generations from commercial tobacco. Get help to quit smoking by calling the American Indian Commercial Tobacco Program Quitline.



## Over 30% of callers stay quit after 6 months.





IN PARTNERSHIP WITH





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