



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

— THE —  
**AMERICAN INDIAN  
QUITLINE**

**CALL 1-833-9AI-QUIT**

— AIQUIT.COM —

**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. That’s why we have our way to quit commercial tobacco too: the American Indian Quitline.*

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### **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](http://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 patches, gum or lozenges to help you quit the addiction.\*

\*18+