



LIFE IS SACRED. COMMERCIAL TOBACCO ISN'T.

**For free help to quit
commercial tobacco**

Call **1-855-5AI-QUIT** or
sign up at **AIQUITLine.org**



Free, confidential support.



24/7 live coaching.



Phone, text or chat.



Online tools and resources.



Nicotine patches, gum or lozenges.



The Arizona Smokers' HelpLine
**American Indian Commercial
Tobacco Program**