

Whether this is your first try or you've been down this path before, Alaska's Tobacco Quit Line can help you quit for good.



What to expect:

- Free quit coaching through phone or online
- Free support through texts and emails
- Free nicotine replacement therapy, like patches, lozenges and gum

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
(784-8669)

alaskaquitline.com

IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.