

**I did not overcome
depression to die from
lung cancer due to
smoking.**

I had to quit.

YOU CAN QUIT YOUR NICOTINE ADDICTION – WE CAN HELP.

Talk to your health care provider or call Alaska's Tobacco Quit Line to quit for life. Receive free coaching and nicotine replacement therapy including lozenges, patches or gum.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
alaskaquitline.com