

QUIT FOR  
YOU AND  
YOUR  
FAMILY.



“My motivation for quitting tobacco was my kids.”  
— Dusty of Wasilla

After 30 years of chewing, Dusty quit tobacco with free support from Alaska's Tobacco Quit Line. For him, talking to their quit coaches was the key to following through. Alaska's Tobacco Quit Line offers free quit coaching, nicotine replacement therapy and more.



“Quitting chewing tobacco has changed my life. I feel better. My gums feel better. I have more money to put in the fuel tank to go snow machining or to take a road trip and do some camping and fishing. I can be here with my family more.” — Dusty of Wasilla

ALASKA'S  
TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW

Increase your chances of quitting for good  
with Alaska's Tobacco Quit Line.

Call **1-800-QUIT-NOW** (784-8669)

Text **READY** to **34191**

Visit **AlaskaQuitLine.com**

