



“ I quit tobacco so my kids can have a healthy future. ”



“ We respect our culture – tobacco doesn't belong. ”

One step begins a journey.

A thousand steps can make a journey.

A thousand more can complete a journey.

If we **rise as one**, we can be tobacco free.

Supported by the Alaska Department of Health and Social Services

ALASKA'S TOBACCO
QUITLINE
1-800-QUIT-NOW
tobaccofree.alaska.gov

“ We support family members trying to quit! ”



“ As Tribal leaders we protect our people by creating tobacco free workplaces. ”

