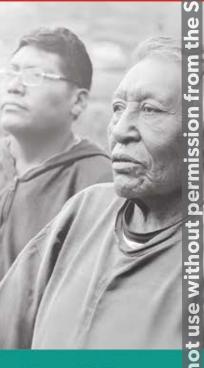
Honor Tradit ons Safely

Our culture and cansas z re sacred and made to be shared — unlike continercial tobacco.

tobacco addiction, the South Dak QuitLine can help you quit.

Restore your helth with South Dakota QuitLinæervices.



Enroll Now

Call 1-866-SD-QUITS (1-866-737-84 Dial SD Relay 711 Visit SDQuitLine.com



Quit With Support.

Enhanced Coaching

Video or phone coaching includes:

- Weekly coaching calls.
- As many as 12 weeks of prescrimen cessation medications or NRT.
- Step-by-step interactive Quit Guile

Note: FREE* medications could include variation (generic Chantix), bupropion (generic Zyban), lozenges, gund) patches.

Hybrid Text Coaching

2QuitSD hybrid text coaching includes

- Approximately eight weeks of in mulual texting with limited calls.
- As many as eight weeks of FREE time time lozenges, gum or patches.
- Step-by-step interactive Quit Guide

Quit On Yeur Own.

Kickstart Kit

This kit is delivered to you and include

- Tools and tips to help you guit.
- As many as four weeks of FREE tine lozenges, gum or patches.
- The optional Quit Guide.

Quit Guide

This guide can be delivered to you, used online or printed. It includes:

- Tips and techniques to help you on your own.
- Guidance to help understand you? Idiction and prepare for your quit.
- Recommendations to ease your ptoms and cope.

Honor Every Breath. Stop the Smoke.

Find out more at: HonorEveryBreath.org