

www.nd.quitnet.com

You decide **WHERE**
We'll be **THERE**



The North Dakota QuitNet will be there to:

- ✓ **Help you quit tobacco.**
- ✓ **Arrange a personal plan for quitting.**
- ✓ **Provide support from others who are quitting too.**
- ✓ **Supply free nicotine patches, gum or lozenges.**



NORTH DAKOTA
DEPARTMENT of HEALTH

NORTH DAKOTA
QUITNET[®]