



Ready to quit using tobacco?

Sign up for:

"30 Days, 30 Dollars"

Starts October 1st - get ready!

“WHAT IS IT?”

A simple 30-day program for any tobacco user, planning to quit or *seriously* considering it. You will receive a fabulous workbook to complete during the 30 day program. **To receive your \$30, you must quit during the program AND be covered by Nasomah (dependents are eligible, too).* Send your workbook (or a copy) to Denise Stuntzner, Nasomah Wellness Coordinator, for verification of participation.

Your workbook will be returned to you. It is a powerful tool for you to keep using to *stay tobacco-free*.

To sign up, call or email Denise Stuntzner

541-751-0940 or 1-866-436-4785, ext. 2

wellness@coquilletribe.org

Please provide the following information:

Name/Department (or whether OSA Coquille Tribal Member)

Mailing Address and Contact Phone #

**If interested, but not covered by Nasomah, contact Denise*

All Native Americans are eligible to participate