Our Products and Services

- One to One support; In office, in home over the telephone or by email.
- Incentives for enrollment; with completion of intake.
- Custom quit kits with resources and aids that includes healthy lifestyle incentives.
- Carbon monoxide level monitoring.
- Quarterly incentives for your fist year smoke free.
- Annual drawings and giveaways, to celebrate those who are 12 months smoke-free.
- Provide education and resources to support your smoke free success.

Why is it so hard to quit smoking?

Nicotine. First, nicotine is physically addictive and, second, nicotine addiction also causes psychological changes in smokers because they connect pleasurable feelings to many different aspects in their lives. Nicotine is a drug that naturally occurs in tobacco. When you puff on a cigarette, you inhale nicotine in the smoke that spreads through your body. The result is a pleasant relaxing feeling that makes you want to smoke more. As you continue to smoke, your body adapts and becomes tolerant to nicotine.

Benefits of Quiting

- **Cost**
  Average cost for a pack a day for a week is $50.00
  Yearly you can save $2400.00.
- Health
  Immediate health improvement, oxygen increase and heart rate slows.
- **Long Term Benefits**
  Reduce risk for cancer and heart disease.
  Food tastes better
  Healthy looking skin
  Improve sleep
  Fresher breath
  Brighter teeth
- **Time**
  At an average of 5 minutes per cigarette, you'll save 600 hours a year.

Mille Lacs Band of Ojibwe
Public Health Department

17230 Noopiming Drive, Onamia, MN 56359

Contact Us

Phone: 320.532.7760 • Fax: 320.532.7524
Email cessation support inquiries/referrals to:
amy.maske@HHS.millelacsband-nsn.gov

Smoking Cessation Program

Mille Lacs Band of Ojibwe
Public Health Department

Let us help you quit.

Keep Tobacco Sacred

Who's eligible?

- Mille Lacs Band of Ojibwe Community Members
- Mille Lacs Band members
- Family members of ML members.
- Residents living on the MLB reservation in all districts.
- MLBO Government employees.
- Grand Casino associates.
- ML Corporate Ventures employees and small business employees.

Amy Maske
SHIP Coordinator

- **Worked for the Band 10 plus years as an educator. In March of 2015 joined the MLB Public Health Deptartment.**
- **Intake for Smoking Cessation Program clients providing individual support and resources.**
- **Provide healthy living options for the MLB communities through Statewide Health Improvement Progam.**
- **Community education on the dangers of smoking.**

Kim Leschak, LPN
MLB Public Health

- **Worked in the Mille Lacs Band community for 12 plus years. In 2013 joined the MLB Public Health Department.**
- **Provide One to One support for cessation clients.**
- **Community education on the dangers of smoking.**
- **Help customize your smoking cessation process.**

Who We Are

We provide support to all MLB Community members that are interested in quitting the use of commercial tobacco products.

We share with you all the QUIT methods and options available. YOU determine the quit method that is best fit for your lifestyle.

We discuss your history and triggers. YOU set goals that are realistic and motivating for you.

We work with you and the providers in selecting the best nicotine replacement therapy (NRT).

We will be there to assist you with every step and look forward to YOU changing your life!