

TOWARDS NO SMOKING



Adolescent Smoking Cessation Program

Where?

Vallivue Academy
Alternative High School
6123 Timbre Dr., Caldwell

For class information call
Celia Asumendi 208-454-5666

When?

Saturdays
9:00 a.m. - 11:00 a.m.
Attendance at all 4 sessions
REQUIRED

Instructors

Celia Asumendi
Alex Zamora

NO COST TO PARTICIPANTS

What's covered?

- Nicotine Addiction & Habit
- Consequences of Smoking
- Different Quitting Techniques & Therapies
- Benefits of Being Smoke-Free
- Withdrawal Symptoms
- Coping Strategies
- Stress Management Tools
- Nutrition & Exercises
- Social Support
- Relapse Prevention

What's Supplied?

Everything needed!

Workbooks

Certificate of Completion

SNACKS

Prevention Associates, Jeri Gowen Director 208-866-8763

In cooperation with Southwest District Health