Free Nicotine Replacement Therapy

Call
1-800-Quit Now (784-8669)
or
go online with
quitnow.net/Idaho

to get a FREE 4-week supply of nicotine patches, gum, or lozenges sent directly to the address you provide.







quitnow.net/Idaho is a free internet service that has been successful in helping tobacco users kick the habit by offering online support from fellow tobacco users and professional counselors alike. Also featured on the site are tips for setting a quit date, a directory of free local quitting classes, and the health/financial benefits of quitting tobacco use.

Idaho QuitLine is a free telephone counseling service designed to help tobacco users quit. Tobacco users can receive up to five free counseling sessions with a trained quit coach at a time that is convenient to the caller.

Coordinated by Project Filter
Funded by Idaho Tobacco Millennium Funds



Feb 2013

ARE YOU READY TO QUIT TOBACCO USE?

FREE Tobacco Classes

Treasure Valley Classes
Central District Health Department
375-5211 or 327-8543

Nancy Caspersen 342-0308
Ashley Grigsby 559-8405
Saltzer Medical - 989-1702
Carl Rizzo - 250-6575
Tanya Savage 249-2110
Saint Alphonsus RMC - 367-4825

Youth only-Boise/Eagle/Meridian

Vicki Lyons 871-2544

Gail Wester 869-9669

McCall Classes
St. Luke's McCall 634-4061

Mountain Home Classes
Anne Bush 587-4623

Southwestern District - 455-5300

Project Coordinated by
Central District Health Department
SUPPORTED BY IDAHO TOBACCO MILLENNIUM FUNDS



quitnow.net/idaho

Free Help to Quit Tobacco Use

FREE Classes!

In Ada, Boise, Elmore and Valley counties.

Call Central District Health Department (208) 375-5211

For a class location nearest to you.

Classes are **FREE** to Idaho residents. This program is offered on an ongoing basis. Please call for the next class dates in your area and to reserve your space now.



4 weeks of your choice of nicotine patches, gum, or lozenges for Tobacco users who register at:

Call 1-800-Quit-Now or log on to www.quitnow.net/idaho



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