ENROLL IN AN ADULT SMOKING CESSATION CLASS

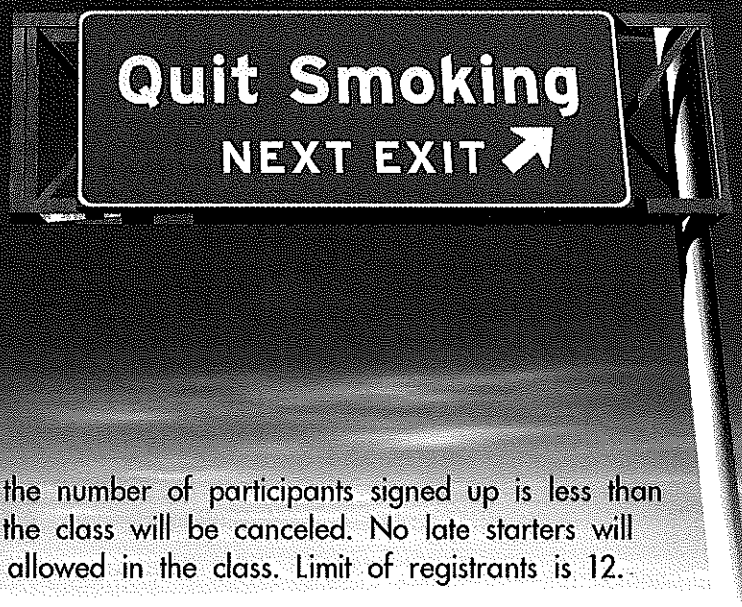
Gain your freedom and control in 2013

and learn how you can quit smoking using a proven method.

Dates:	**Session 1** January 16, 2013–February 13, 2013 (extra meeting on January 28, 2013) **Session 2** February 27, 2013–March 27, 2013 (extra meeting on March 11, 2013) **Session 3** April 17, 2013–May 15, 2013 (extra meeting on April 29, 2013)
Time:	Wednesdays, 5:30 p.m. - 7:15 p.m.
Location:	South Central Public Health District 1020 Washington St. N, Twin Falls (on the CSI campus) Katz A Conference Room (North Entrance)
Information:	Call 737-5988
Cost:	Free

The program curriculum includes seven components and features a step-by-step plan for quitting. Each component is designed to help smokers gain control over their behavior. The class format encourages participants to work on the process and problems of quitting both individually and as part of a group.

Classes are taught by a certified facilitator.



South Central Public Health District
Prevent. Promote. Protect.

*If the number of participants signed up is less than 4, the class will be canceled. No late starters will be allowed in the class. Limit of registrants is 12.