ENROLL IN THE TOBACCO CESSATION CLASS

Gain your freedom and control in 2014

and learn how you can quit using tobacco

DATE:	**Session 1** January 7 - February 11, 2014 (extra meeting on January 30) **Session 2** February 18 - March 25, 2014 (extra meeting on March 13) **Session 3** April 1 - May 6, 2014 (extra meeting on April 24) **Session 4** May 13 - June 17, 2014 (extra meeting on June 5)
TIME:	5:30 p.m. - 7:15 p.m.
LOCATION:	South Central Public Health District 1020 Washington St. N, Twin Falls Katz A Conference Room
INFORMATION:	Call 737-5988
COST:	Free

The curriculum includes eight sessions and features a step-by-step plan for quitting tobacco. Each session is designed to help tobacco users 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 taught by a certified Freedom From Smoking® facilitator

South Central Public Health District
Prevent. Promote. Protect.

AMERICAN LUNG ASSOCIATION.
Freedom FROM SMOKING®