

# ENROLL IN THE FREEDOM FROM SMOKING® CLASS

and learn how you can quit smoking using a proven method

GAIN YOUR FREEDOM AND  
CONTROL IN 2013

**DATE:** Tuesdays, June 18 through July 23, 2013  
(extra meeting July 11 at 6 p.m.)

**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 Freedom From Smoking® curriculum includes eight sessions and features a step-by-step plan for quitting smoking. Each session 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 taught by a certified Freedom From Smoking® facilitator

