

Sick of Smoking? Sick of Chewing?
Can't Quit?

FREE TOBACCO CESSATION CLASSES!!

Using money from the Tobacco Settlement, the State of Idaho is providing funds to offer any smoker or chewer the chance of a lifetime. Classes are sponsored by Southeastern District Health and are COMPLETELY FREE.

*Four consecutive evening sessions:
(Please try to attend all four classes)*

*Dates: July 30, 31 & August 1 & 2, 2007
(Monday, Tuesday, Wednesday, & Thursday)*

*Times: 12:00 p.m. - 2:00 p.m.,
3:30 p.m. - 5:30 p.m., or
6:30 p.m. - 8:30 p.m.*

*Place: Southeastern District Health Dept.
1901 Alvin Ricken Dr. Pocatello, ID*

PLEASE CALL TO RESERVE YOUR SPACE NOW!!

The program instructor is Nancy Caspersen, RN, from Boise, Idaho. A nurse for over 27 years, she is an ex-smoker, and for 14 years has specialized in helping people to overcome their tobacco use.

*For info and to register: please call Traci @ the
Southeastern District Health Dept. @ 478-6316 or
Nancy in Boise @ 208-342-0308.*