

**FREE
TOBACCO
CESSATION
CLASSES!**

Call North Central District
Health Department at
(208) 799-3100
for the class location
nearest to you.

You Can Quit Smoking

Classes are free to Idaho
residents and are offered in
the following counties:
Clearwater, Idaho, Latah,
Lewis, and Nez Perce.



**FREE NICOTINE
REPLACEMENT THERAPY!**

Call **1-800-QUIT-NOW**
or log on to
www.idaho.quitnet.com

Tobacco users who
register can request
4 weeks of their
choice of nicotine
patches, gum, or
lozenges.

QUITNET
QUIT ALL TOGETHER