

# Are You Ready to Quit Tobacco?

**Get help starting in August!**

**FREE monthly sessions held @  
Lewiston Public Health, 215 10<sup>th</sup> St.**

**12:00 pm – 1:00 pm**

- **Tuesdays, Aug. 4<sup>th</sup> – 25<sup>th</sup>**
- **Tuesdays, Sept. 1<sup>st</sup> – 22<sup>nd</sup>**
- **Thursdays, Oct. 8<sup>th</sup> – 29<sup>th</sup>**
- **Tuesdays, Nov. 3<sup>rd</sup> – 24<sup>th</sup>**

**For more info and to register contact  
Jennifer Deffenbaugh at:**

**Phone: (208)799-0354**

**E-mail: [jdeffenbaugh@phd2.idaho.gov](mailto:jdeffenbaugh@phd2.idaho.gov)**

