

It's Time for a Fresh Start... It's Time to Quit Tobacco!

Classes Meet From Noon - 1:00 p.m.
*All Classes are held at St. Joseph Regional Medical Center
415 6th Street, Lewiston*

Free group classes are available at St. Joseph Regional Medical Center, led by Public Health-Idaho North Central District's Certified Tobacco Treatment Specialist Jennifer Deffenbaugh. Call **(208) 799-0354** to learn more.

September Class

- Session 1:** Thursday, 9/8: Noon-1:00p.m., Conf. Room D
- Session 2:** Thursday, 9/15: Noon-1:00p.m., Conf. Room D
- Session 3:** Thursday, 9/22: Noon-1:00p.m., Conf. Room D
- Session 4:** Thursday, 9/29: Noon-1:00p.m., Conf. Room A

October Class

- Session 1:** Thursday, 10/6: Noon-1:00p.m., Conf. Room D
- Session 2:** Thursday, 10/13: Noon-1:00p.m., Conf. Room D
- Session 3:** Thursday, 10/20: Noon-1:00p.m., Conf. Room D
- Session 4:** Thursday, 10/27: Noon-1:00p.m., Conf. Room A

November Class

- Session 1:** Monday, 11/7: Noon-1:00p.m., Conf. Room D
- Session 2:** Monday, 11/14: Noon-1:00p.m., Conf. Room D
- Session 3:** Monday, 11/21: Noon-1:00p.m., Conf. Room D
- Session 4:** Monday, 11/28: Noon-1:00p.m., Conf. Room D

Free one-on-one classes are also available by appointment.



ST. JOSEPH
Regional Medical Center

sjrmc.org



Public Health
Idaho North Central District

Together in Health.