

Free group Tobacco Cessation Classes are available at Nez Perce Recovery & Resource Center, led by Public Health-Idaho North Central District's Tobacco Treatment Specialist Jennifer Liposchak.

CLASSES MEET FROM 12:15-1:15 P.M.

All classes will be held at Nez Perce Recovery & Resource Center 714 Main Street, Lewiston

January Class	February Class	March Class
Session 1: Wednesday, 1/4	Session 1: Thursday, 2/2	Session 1: Thursday, 3/2
Session 2: Wednesday, 1/11	Session 2: Thursday, 2/9	Session 2: Thursday, 3/9
Session 3: Wednesday, 1/18	Session 3: Thursday, 2/16	Session 3: Thursday, 3/16
Session 4: Wednesday, 1/25	Session 4: Thursday, 2/23	Session 4: Thursday, 3/30

Free one-on-one classes are also available by appointment, 208-799-3100.

By participating in the class you may be eligible to receive free preventative oral health services and/or products from the LCSC Dental Hygiene Clinic.



