

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 Liposchak. Call **(208) 799-0354** to learn more.

September 2017 Class

- Session 1:** Thursday, 9/7: Noon-1:00p.m., Conf. Room D
- Session 2:** Thursday, 9/14: Noon-1:00p.m., Conf. Room D
- Session 3:** Thursday, 9/21: Noon-1:00p.m., Conf. Room D
- Session 4:** Thursday, 9/28: Noon-1:00p.m., Conf. Room D

October 2017 Class

- Session 1:** Tuesday, 10/10: Noon-1:00p.m., Conf. Room B
- Session 2:** Tuesday, 10/17: Noon-1:00p.m., Conf. Room B
- Session 3:** Tuesday, 10/31: Noon-1:00p.m., Conf. Room D

November 2017 Class

- Session 1:** Monday, 11/6: Noon-1:00p.m., Conf. Room D
- Session 2:** Monday, 11/13: Noon-1:00p.m., Conf. Room D
- Session 3:** Monday, 11/20: Noon-1:00p.m., Conf. Room D
- Session 4:** Monday, 11/27: Noon-1:00p.m., Conf. Room D

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



ST. JOSEPH
Regional Medical Center

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Public Health
Idaho North Central District

Together in Health.

8/17/17