

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.

January Class

- Session 1:** Tuesday, 1/3: Noon-1:00p.m., Conf. Room D
- Session 2:** Tuesday 1/17: Noon-1:00p.m., Conf. Room A
- Session 3:** Tuesday, 1/24: Noon-1:00p.m., Conf. Room A
- Session 4:** Tuesday, 1/31: Noon-1:00p.m., Conf. Room D

February Class

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

March Class

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