



Feb 2015

ARE YOU READY TO QUIT TOBACCO USE?

FREE
Quit Tobacco Classes
cdhd.idaho.gov

Boise and Meridian Classes
Central District Health Dept
327-8547

McCall Classes
St. Luke's McCall 634-2426

Mountain Home Classes
Anne Bush 587-4623

Nampa and Caldwell Classes
Southwest District Health-455-5300

Project Coordinated by
Central District Health Department
SUPPORTED BY IDAHO
TOBACCO MILLENNIUM FUNDS



1-800-784-8669



quitnow.net/idaho

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Free Nicotine Replacement Therapy

Call
1-800-Quit Now (784-8669)
or
go online with
quitnow.net/idaho
to get a FREE supply
of nicotine patches, gum, or
lozenges sent directly to the
address you provide.



quitnow.net/idaho is a free internet service that has been successful in helping tobacco users kick the habit by offering online support from fellow tobacco users and professional counselors alike. Also featured on the site are tips for setting a quit date, a directory of free local quitting classes, and the health/financial benefits of quitting tobacco use.

Idaho QuitLine is a free telephone counseling service designed to help tobacco users quit. Tobacco users can receive up to five free counseling sessions with a trained quit coach at a time that is convenient to the caller.

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Funded by Idaho Tobacco Millennium Funds

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