

**You CAN**



**Tobacco!**

**FREE  
Quit Tobacco Classes**

Please call for information about  
class dates and locations

**Central District Health**

208-327-8543  
cdhd.idaho.gov

Classes in Boise, Meridian,  
McCall, and Mountain Home

**Southwest District Health**

208-455-5321  
swdh.org

Classes in Caldwell, Emmett,  
Nampa, and Payette



SUPPORTED BY IDAHO  
TOBACCO MILLENNIUM FUNDS

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**Free Nicotine  
Replacement Therapy**

**Call  
1-800-Quit Now (784-8669)  
or visit  
projectfilter.org**  
to get a FREE supply  
of nicotine patches, gum, or  
lozenges sent directly to the  
address you provide.



**projectfilter.org** 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.



**1-800-784-8669** **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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