Are you interested in quitting nicotine?

FREE VIRTUAL QUIT NICOTINE CLASSES

Join a free 1-hour orientation to virtual quit nicotine classes hosted by the American Lung Association on Zoom.

ORIENTATION CLASS

WEDNESDAY, OCTOBER 7TH | 9-10 A.M.

CLASSES EVERY WEDNESDAY FROM 9-11 A.M. FOR 4 WEEKS (OCT 14TH - NOV 4TH)

American Lung Association.

Quitting isn't easy, start your QUIT journey NOW!
Get the tools and support you need to be successful.

For more information or to register, email:
Chakoma Haidari - chaidari@cdh.idaho.gov

CENTRAL DISTRICT HEALTH