

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

THURSDAY, SEPTEMBER 10TH | 6-7 P.M.

CLASSES EVERY THURSDAY FROM 6-8 P.M.
FOR 4 WEEKS (SEPT 17TH - OCT 8TH)



Quitting isn't easy, start your QUIT journey NOW!
Get the tools and support you need to be successful.
There will be one other class session held in October,
if this time frame doesn't work for you!

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

