

You Can Quit Using Tobacco!

Free Tobacco Cessation Classes!

Classes are free to **Idaho residents**. They are offered in the following counties: Clearwater, Idaho, Latah, Lewis & Nez Perce.

Contact Public Health-Idaho North Central District at **(208) 799-3100** or www.idahopublichealth.com to find classes nearby to help you quit using tobacco.



Free Nicotine Replacement Therapy!

Idaho residents who register can request **8 weeks** worth of nicotine patches, gum, or lozenges.

Call **1-800-QUITNOW** or visit www.projectfilter.org to receive **8 weeks** of NRT for **FREE!**

