



Stop dreaming about quitting & be true to your heart!

Beat the habit for your health and the ones you love! The Freedom from Smoking program can help you overcome your addiction to nicotine with proven strategies and group support. The 3-week program also emphasizes long-term changes such as healthy eating, exercise, and stress management. Join us in the 7th Floor Conference Room, main hospital, from 6:30 to 8:00 p.m. and learn how to be tobacco free!

Session	Dates	Class Content
1	Tuesday, February 17	On the Road to Freedom
2	Thursday, February 19	Wanting to Quit
3	Tuesday, February 24	Quit Day!
4	Thursday, February 26	Winning Strategies
5	Tuesday, March 3	The New You
6	Thursday, March 5	Staying Off

Instructor: **Lynda Erfurth, Respiratory Therapist**

Fee: **FREE!**

Fees are covered by the Idaho Tobacco Millennium Funds through Central District Health Department. The American Lung Association's **FREEDOM FROM SMOKING** program is facilitated by St. Luke's Boise Regional Medical Center.

For information or to register, contact Mary Poell at 381-4294. Class size is limited!