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*"Healthy People in Healthy Communities."*

## **NEWS**

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### **FREE Tobacco Cessation Classes for a Tobacco-Free New Year**

Quitting tobacco continues to be a leader among the list of most popular New Year's Resolutions. If this year is your year, the Central District Health Department (CDHD) has the help you need to be successful. Starting January 5, CDHD will sponsor several free Tobacco Cessation classes planned over the course of five evenings. Participants will gain the tools and support needed to beat tobacco once and for all.

**The following are class options that meet from 6 p.m. to 8 p.m.:**

- January 5, 7, 9 12, & 14
- February 2, 4, 6, 9 & 11
- March 9,11, 13, 16 & 18

Classes will be held in Meridian and are open to adults and teens. For more information, call CDHD at 327-8547.

Additional tobacco cessation classes are being scheduled throughout the community. To learn about upcoming classes near you, call 327-8547 or to view a list of cessation resources, visit [www.cdhd.idaho.gov/CHEC/Tobacco/cessation.htm](http://www.cdhd.idaho.gov/CHEC/Tobacco/cessation.htm).

Research shows that enrolling in cessation classes improves the success rate of people trying to kick tobacco.

**Free Nicotine Replacement Therapy**

Tobacco users are eligible for a free 8-week supply of nicotine patches, gum or lozenges when they enroll with the Idaho Quitline or [quitnow.net/idaho](http://quitnow.net/idaho)

Call 1-800-QUIT-NOW (784-8669) or visit [www.quitnow.net/idaho](http://www.quitnow.net/idaho) for more information.

*Tobacco Cessation classes are funded by the Idaho Tobacco Millennium Fund.*

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