

BREATHE EASY

YOU CAN BE TOBACCO FREE!

Are you looking for an easier way to lose your desire to smoke? The Freedom from Smoking program at St. Luke's can show you how to create an effective plan along with new skills and behaviors to take control of your life. Don't delay, register for a FREE class series today!

St. Luke's Meridian Dates:

January 5, 7, 9, 12 & 14

February 2, 4, 6, 9 & 11

March 9, 11, 13, 16 & 18

Times: 6:00-8:00 p.m.

To register: visit stlukesonline.org/classes_and_events
or call (208) 381-9000



Instructors: Carl Rizzo, RRT, RPFT, AE & Ariel Fuentealba, RRT

Carl Rizzo is a Respiratory Therapist at St. Luke's Saltzer Medical Group with over 13 years of experience. Carl is certified by the American Lung Association as a smoking cessation instructor and has been helping people break their nicotine addiction for over 7 years.

Ariel Fuentealba is a Respiratory Therapist and Pulmonary Function Technician. Ariel is certified by the American Lung Association and has been facilitating tobacco cessation classes at St. Luke's Saltzer Medical Group for the past 3 years. Ariel is bilingual.

Classes are sponsored by the Millennium Fund through Central District and Southwest District Health Departments.

The American Lung Association's Freedom from Smoking program consists of 5 classes. Topics include:

- Are you ready to quit?
- Preparing to quit
- Quitting
- Winning strategies to support your quit
- Relapse prevention & celebration

Classes are available in English and Spanish.