



# Southeastern Idaho Public Health

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## **Southeastern Idaho Public Health Offers Free Tobacco Cessation Program**

A FREE four week Fresh Start Tobacco Cessation program will be offered to Soda Springs community members in February. Classes will be taught on Tuesday beginning on January 8th and consecutively taught through Tuesday, January 29<sup>th</sup>. The program will be held from 5:30 p.m. to 6:30 p.m. at Southeastern Idaho Public Health located at 55 East 1<sup>st</sup> South in Soda Springs.

Fresh Start is a program that takes you through the quitting process one step at a time in a supportive environment. It offers a method for quitting based on the premise that smoking is a learned activity. A certified facilitator helps you understand when and why you smoke so you can learn to fight your addiction and quit for good. Attend all FOUR consecutive classes, receive FREE 2 week supply of NRT & double your chances of successfully quitting.

Classes will help you to:

- Develop a deeper understanding of what triggers your need to smoke and ways to cope without lighting up;
- Build your confidence and motivation until your quit date;
- Learn techniques to manage stress, nicotine withdrawal, medications, weight control, and long-term strategies for staying free from tobacco; and
- Participate in discussions where you can share your struggles and successes with others who understand what you are going through.

Pre-registration is required and space is limited for this free program. For more information or to register for this program, please call 208-547-4375 or visit [www.siphidaho.org](http://www.siphidaho.org).