



Southeastern Idaho Public Health

For Immediate Release
January 25, 2018

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Southeastern Idaho Public Health To Offer Free Tobacco Cessation Program

A FREE four week Fresh Start Tobacco Cessation program will be offered to Montpelier community members throughout the month of February. Classes will be taught on Wednesdays from 5:30 – 6:30 pm. The program schedule is as follows: Wednesday, February 7th through Wednesday, February 28th. The program will be held at Southeastern Idaho Public Health located at 431 Clay St. in Montpelier.

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.

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 208-847-3000 or visit www.siphidaho.org.