



# Southeastern Idaho Public Health

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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 Pocatello community members during October and November 2018. Classes will be taught on Monday beginning on October 15<sup>th</sup> and consecutively taught through Monday, November 5<sup>th</sup>. The program will be held from 6:00 p.m. to 7:00 p.m. at Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive in Pocatello.

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. By completing the program, class participants will be eligible to receive a free start-up supply of nicotine patches, gum or lozenges.

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 208-239-5290 or visit [www.siphidaho.org](http://www.siphidaho.org).