



YOU CAN BE TOBACCO FREE IN 2016!

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:

November 7, 9, 11, 14 & 16—
Join us to quit for the American Cancer Society's Great American Smokeout!

December 5, 7, 9, 12 & 14

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

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

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

Instructor: Ariel Fuentealba, RRT

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 also bilingual.

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