

You Can Quit Tobacco!

January 4-7th, 2016

6:00pm - 8:00pm

**Valor Health Community Classroom
1024 Fernlee St. in Emmett**

**Are you
ready to quit?
smoking
chewing
vaping**

**To register,
please call
369-8372**

FREE 4-DAY PROGRAM

**Instructed by
Gayle Woodworth, CHES,
Tobacco Cessation**

**Instructor and
Health Education Specialist**

**Classes are free, but space
is limited. Please call Gayle
to reserve your seat**

Classes are funded by the State of Idaho Tobacco Settlement
and sponsored by Southwest District Health

