



# Southeastern Idaho Public Health

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

POCATELLO, IDAHO – Do you know someone trying to quit tobacco? If so, Southeastern Idaho Public Health is pleased to offer Pocatello community members an opportunity to join the Fresh Start Tobacco Cessation Program. Fresh Start is a **FREE** 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 will help you understand when and why you smoke so you can learn to fight your addiction and quit for good.

Interested smokers and chewers are encouraged to attend the October-November 2017 Fresh Start Program. The program will begin on **Thursday, October 26<sup>th</sup>** and will be consecutively taught for four sessions through **Thursday, November 16<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.

During the first session, the facilitator will explain the program, how it works, and what you can expect from the program. In the following weeks, you develop a deeper understanding of what triggers your need to smoke and ways to cope without lighting up. Each session builds your confidence and motivation until your quit date. Program sessions address a number of key issues such as managing stress, nicotine withdrawal, medications, weight control, and long-term strategies for staying free from tobacco.

Pre-registration is required and space is limited for these free programs. For more information or to register for this program, please call 239-5290 or visit [www.siphidaho.org](http://www.siphidaho.org).