

FREE SMOKING CESSATION CLASSES *at VALOR HEALTH*

READY TO QUIT? WE CAN HELP!

Speak to your doctor about registering, or call our Certified Tobacco Education Specialist at (208) 901-3439



Class Series Dates:

October 14, 5:30-7:30pm*

October 21, 5:30-7:30pm*

October 28, 5:30-7:30pm*

October 23, 10:00-11:00am

November 4, 5:30-7:30pm*

LOCATION:

Valor Health Hospital Large Conference Room
1202 E Locust Street

Classes are taught by Valor Health tobacco education specialist, Jackie Ginter, Certified Smoking Cessation Instructor and Respiratory Therapist, supported by a Southwest District Health Grant.



Valor Health
Our priority is people