



March 2015

**ARE YOU READY TO QUIT TOBACCO USE?**

**FREE  
Quit Tobacco Classes**

[cdhd.idaho.gov](http://cdhd.idaho.gov)

**Boise and Meridian Classes**  
Central District Health Dept.  
327-8547

**McCall Classes**  
St. Luke's McCall 634-2426

**Mountain Home Classes**  
Anne Bush 587-4623

**Nampa and Caldwell Classes**  
Southwest District Health-455-5300

Project Coordinated by  
Central District Health Department  
SUPPORTED BY IDAHO  
TOBACCO MILLENNIUM FUNDS



[projectfilter.org](http://projectfilter.org)

**Free Nicotine  
Replacement Therapy**

Call  
**1-800-Quit Now (784-8669)**  
or  
go online with  
**projectfilter.org**  
to get a FREE supply  
of nicotine patches, gum, or  
lozenges sent directly to the  
address you provide.



**projectfilter.org** is a free internet service that has been successful in helping tobacco users kick the habit by offering online support from fellow tobacco users and professional counselors alike. Also featured on the site are tips for setting a quit date, a directory of free local quitting classes, and the health/financial benefits of quitting tobacco use.

**Idaho QuitLine** is a free telephone counseling service designed to help tobacco users quit. Tobacco users can receive up to five free counseling sessions with a trained quit coach at a time that is convenient to the caller.

Coordinated by Project Filter  
Funded by Idaho Tobacco Millennium Funds