

Be Smoke-Free in 2023!

MAKE YOUR HEALTH A PRIORITY THIS NEW YEAR

Northwest Specialty Hospital is partnering with the American Lung Association to offer the region's first in-person smoking cessation class. The Freedom From Smoking® program offers a structured, systematic approach to quitting, and its positive messaging emphasizes the benefits of better health.

- Classes are FREE to the public
- Small group in-person classes offer support from other members in a comfortable classroom environment
- Trained facilitators are certified Tobacco Cessation Educators and respiratory therapists
- Follow-up support, resources, and tools to keep you on your successful quit path

REGISTER NOW FOR ONE OF THE UPCOMING SESSIONS

Pre-registration is required. Call 208-618-2570 for registration details.

Classes located at Northwest Specialty Hospital – 1551 E. Mullan Ave., Ste 102 in Post Falls

- SESSION 1: January 5–February 16
- SESSION 2: March 9–April 20
- SESSION 3: April 27–June 8
- SESSION 4: June 22–August 3
- SESSION 5: August 10–September 21
- SESSION 6: September 28–November 9

All classes are held Thursday evenings from 6:00 pm–8:00 pm.



Pulmonology

nwsh.com