

INTERESTED IN QUITTING TOBACCO?



We Can Help!

Register Now for FREE Freshstart classes.

Freshstart is a quit smoking/spit tobacco support group that meets once a week for 6 weeks. Advance Registration is required.

Groups begin at 6:00pm with the first date meetings below:

January 18 th	July 12 th
March 2 nd	August 24 th
April 19 th	October 5 th
June 1 st	November 2 nd

To register or for more information call your Coconino County Health Department at 928-522-7882 or 928-522-7832.

People enrolled in this program may be eligible to receive vouchers good for a discounted supply of Nicotine Gum, Nicotine Patch, Nicotine Lozenge, or Zyban*

*Prescriptions for Nicotine Replacement Therapies must be obtained from a private physician.



This program is funded through the Arizona Department of Health Services Tobacco Education & Prevention Program and the Coconino County Health Department.