



1020 Washington St. N, Twin Falls, Idaho

April 1, 2010

FOR IMMEDIATE RELEASE

Contact: Elvia Caldera, Tobacco Program Coordinator, 208-737-5988

Free Tobacco Cessation Classes Offered By South Central Public Health District

TWIN FALLS-South Central Public Health District (SCPHD) is offering the American Cancer Society's "Fresh Start" program to help adults quit using tobacco products. The free six-class program will be conducted each Monday from April 12 through May 17. Classes will be held 6:00-7:00 p.m. at SCPHD located at 1020 Washington Street North (on the College of Southern Idaho campus). People attending classes should use the north entrance of the building.

The "Fresh Start" program is offered free of charge as a community service to south central Idaho residents. All tobacco users are encouraged to attend and especially women who are pregnant and/or who have children living with them. Space is limited for these classes, and those wishing to attend are urged to register early. Contact Elvia Caldera, Tobacco Program Coordinator for SCPHD, at 737-5988.

The program is specifically designed for those who want to get rid of their addiction to tobacco. Skills and knowledge levels are built to help reduce and eventually eliminate the use of tobacco. Participants in the class learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise. Smoking is the single most preventable cause of death today in the United States. More than 1,500 Idahoans die each year from smoking related diseases, which averages about four people a day. For every tobacco-related death, there will be 20 others who will suffer from various health problems and a decreased quality of life.

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