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1020 Washington St. N, Twin Falls, Idaho

July 7, 2010

**FOR IMMEDIATE RELEASE**

Contact: Elvia Caldera, Tobacco Program Coordinator, 208-737-5988; or Jonie Benson, Administrative Assistant, 734-2610

**Free Tobacco Cessation Classes Offered By South Central Public Health District and the Mustard Tree Wellness Clinic**

TWIN FALLS-South Central Public Health District (SCPHD) in partnership with the Mustard Tree Wellness Clinic will be 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 July 19 through August 23. Classes will be held 6:00-7:00 p.m. at the Mustard Tree located at 676 Shoup W. Suite 2, Twin Falls.

The "Fresh Start" program is offered free of charge as a community service to south central Idaho residents. All tobacco smokers are encouraged to attend and especially women who are pregnant and/or who have children living with them. Space is limited for these classes; those wishing to attend are urged to register early. Contact Elvia Caldera (Tobacco Program Coordinator for SCPHD) at 737-5988 or Jonie Benson (Mustard Tree Wellness Clinic Administrative Assistant) at 734-2610.

The program is specifically designed for those who want to overcome 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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