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FOR IMMEDIATE RELEASE

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Smoking Is Costly!

TWIN FALLS-Like most everything else, the price of a carton of cigarettes is increasing, and smokers will need to make the decision to pay the extra cost or save their money by choosing to quit smoking.

South Central Public Health District (SCPHD) wants to help individuals who smoke save money – and possibly their lives - by providing smoking cessation classes. A Freedom From Smoking® cessation course starts Monday, April 11, and will continue through May 23. Classes will be held 6:00 p.m. - 8:00 p.m. at the Twin Falls office at 1020 Washington Street North.

After completing a recent Freedom From Smoking® class, a participant kept track of his savings. Since he stopped smoking, he had added nearly 13 days to his expected life span, inhaled 1,666 less cigarettes than he would have as a two-pack a day smoker, and saved \$311. His wife also quite smoking doubling their total savings to \$622 a year!

All tobacco smokers are encouraged to attend the next Freedom From Smoking® course, especially women who are pregnant and/or who have children living with them. **Space is limited** and those wishing to attend are urged to register early. For more information or to register, contact Elvia Caldera, Tobacco Program Coordinator for SCPHD, at 737-5988.

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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