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PRESS RELEASE – For Immediate Release

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Adria Masoner, Rupert Tobacco Program Coordinator, 208-678-8221

Be Freed From Tobacco In 2013

TWIN FALLS - Start the New Year with a new beginning. South Central Public Health District will be offering several adult tobacco cessation classes in 2013. The first sessions of these classes will take place:

- **In Twin Falls, starting on January 16 and going through February 13. Classes will be conducted each Wednesday from 5:30-7:15 p.m. Please call 737-5988 to register.**
- **In Rupert, starting on January 15 and going through February 19. Classes will be conducted each Tuesday from 5:30-7:00 p.m. Please call 678-8221 to register.**

The adult tobacco cessation program is offered free of charge, but space is limited for the classes. Those wishing to attend are urged to register early.

The cessation program is specifically designed for those who want to get rid of their addiction to tobacco. Skills and knowledge are obtained to help participants reduce and eventually eliminate the use of tobacco. Participants in the classes learn skills to communicate better, handle stress, set goals, eat healthy, and exercise.

Tobacco use is the single most preventable cause of death today in the United States. More than 440,000 people die each year from using tobacco products, which averages about 1,200 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.

To register or for more information about tobacco cessation classes, contact Elvia Caldera in Twin Falls at 737-5988 or Adria Masoner in Burley at 678-8221. For the complete list of scheduled smoking cessation class sessions, please visit www.phd5.idaho.gov.

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