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**FOR IMMEDIATE RELEASE**

Contact: Adria Masoner, Tobacco Program Educator, 208-678-8221

**SCPHD Offering Free Tobacco Cessation Classes to Celebrate the Annual Great American Smokeout!**

BURLEY-South Central Public Health District (SCPHD) will be offering a Freedom from Smoking adult tobacco cessation class session that will begin on November 5. The **free** six-class program will be conducted each Tuesday from 6:00-7:30 p.m. at the SCPHD Burley Office located at 2311 Parke Ave. Suite 4, Unit 4, in Burley. Space is limited for these classes and those wishing to attend are urged to register early by calling Adria Masoner, SCPHD Tobacco Program Educator, at 208-678-8221.

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout. They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The event challenges people to stop using tobacco and helps people know about the many tools they can use to quit and stay quit. This year SCPHD has scheduled this class to coincide with the Great American Smokeout in hopes it will provide extra motivation for those interested in quitting smoking.

“It’s never too late quit using tobacco. Each attempt to quit is a learning experience on the journey to lifelong freedom from using tobacco. These classes are specifically designed for those who want to get rid of their addiction to tobacco,” said Adria Masoner. “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, 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.

For more information about registering for the free class or the Great American Smokeout, please contact Adria Masoner at 208-678-8221.

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