



1020 Washington St. N, Twin Falls, Idaho
208-737-5900 www.phd5.idaho.gov

December 18, 2013

FOR IMMEDIATE RELEASE

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

A New Smoke Free You in 2014! SCPHD Offering Free Cessation Classes

TWIN FALLS-South Central Public Health District (SCPHD) has scheduled tobacco cessation class sessions beginning January 7, 2014. The **free** seven-class program will be conducted each Tuesday from 5:30-7:15 p.m. at SCPHD (in the Katz A Conference Room) located at 1020 Washington Street North (on the CSI Campus) in Twin Falls.

The adult tobacco cessation program is offered free of charge as a community service to south central Idaho residents. 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. For the scheduled smoking cessation class sessions, please visit our website at www.phd5.idaho.gov.

According to the American Lung Association's Freedom from Smoking, smoking is a complex process involving physical, mental, and social interactions. This program helps participants learn to manage cravings, thoughts, and social relationships to maximize success when quitting smoking and remaining abstinent.

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.

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