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FOR IMMEDIATE RELEASE

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Be Freed From Tobacco-SCPHD Offering Free Cessation Classes

TWIN FALLS-South Central Public Health District (SCPHD) will be offering a Freedom from Smoking adult tobacco cessation class session that will begin on September 24, 2013. The **free** six-class program will be conducted each Tuesday from 5:30- 7 p.m. at SCPHD located at 1020 Washington Street North (in the Katz A Conference Room) in Twin Falls. Space is limited for these classes, and those wishing to attend are urged to register early. To register, contact Elvia Caldera, Tobacco Program Coordinator for SCPHD, at 737-5988.

It is never too late to quit using tobacco. Each attempt to quit is a learning experience on the journey to lifelong freedom from tobacco. The classes are specifically designed for those who want to get rid of 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, 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.

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