



1020 Washington St. N, Twin Falls, Idaho  
208-737-5900 [www.phd5.idaho.gov](http://www.phd5.idaho.gov)

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**FOR IMMEDIATE RELEASE**

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

**SCPHD Offering Free Cessation Classes in Jerome**

JEROME-South Central Public Health District (SCPHD) will be offering a tobacco cessation class in Jerome beginning March 31, 2014. The **free** seven-class program will be conducted each Monday from 5:30-7:15 p.m. at the Jerome SCPHD office located at 951 East Avenue H.

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.

The adult tobacco cessation program is offered free of charge as a community service to Magic Valley 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 a schedule of smoking cessation classes, please visit our website at [www.phd5.idaho.gov](http://www.phd5.idaho.gov) .

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