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Press Release– For Immediate Release

Contact: Adria Masoner, Tobacco Cessation Instructor, (208) 678-8221

SCPHD Partners With Buhl-Based Clear Springs Foods to Offer Tobacco Cessation Class

TWIN FALLS-South Central Public Health District (SCPHD) is partnering with Clear Springs Foods, Inc. in Buhl to offer a tobacco cessation class beginning August 19. The **free** six-class program will be conducted each Tuesday from 1:30-3:30 p.m. at the Clear Springs Foods Plant Office (1579 Clear Lakes Grade, 7 miles north of Buhl).

“Clear Springs Foods is committed to providing resources for the improvement of the health of our employees, their families, and our community,” says Cally Grindstaff, Clear Springs Foods VP Corporate Relations. “We are excited to partner with SCPHD and help promote the importance of tobacco cessation.”

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 Adria Masoner, SCPHD Tobacco Cessation Instructor, at (208) 678-8221. For more information on scheduled tobacco cessation classes, visit phd5.idaho.gov.

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