



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

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**MEDIA ALERT**

Contact: Kristiana Berriochoa, SCPHD Tobacco Prevention Program Coordinator, 737-5988  
Michelle Bartlome, St. Luke's Public Information Officer, 208-814-0015

**It's Quitting Time! SCPHD Teams With St. Luke's Magic Valley To Offer Free Tobacco Cessation Classes**

TWIN FALLS-South Central Public Health District is partnering with St. Luke's Magic Valley and St. Luke's Mountain States Tumor Institute to offer Freedom From Smoking® classes to help you become tobacco-free. Freedom From Smoking® classes are specifically designed to help those who wish to get rid of their tobacco addiction and take back control of their health.

The adult tobacco cessation program is offered free of charge as a public health community service. Freedom From Smoking® classes will be held every Tuesday from 5:30-6:30 p.m. beginning October 20, in the Elm Room of St. Luke's Magic Valley located at 801 Pole Line Road West in Twin Falls.

Tobacco use is the single most preventable cause of death and disease today in the United States. According to the CDC, every year more than 440,000 people die from smoking or exposure to secondhand smoke. Meanwhile, around 8.6 million people are living with serious illness as a result of smoking and/or use of smokeless tobacco.

For further information about tobacco cessation classes, please visit [phd5.idaho.gov](http://phd5.idaho.gov). To register, contact Kristiana Berriochoa at 737-5988.

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