



South Central Public Health District  
1020 Washington Street North  
Twin Falls, ID 83301  
866-710-9775  
[www.phd5.idaho.gov](http://www.phd5.idaho.gov)



## FOR IMMEDIATE RELEASE

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### It's Quitting Time! SCPHD Offering Free Tobacco Cessation Classes

TWIN FALLS- "It is never too late to quit tobacco," says Cody Orchard, Health Education Specialist at South Central Public Health District (SCPHD). Orchard will begin leading the next session of tobacco cessation classes in south central Idaho on May 10, and he is looking for participants.

According to Orchard, "Tobacco use is the single most preventable cause of death and disease today in the United States." Data from The Centers for Disease Control and Prevention (CDC) indicates more than 440,000 people die each year from smoking or exposure to secondhand smoke. Another 8.6 million people are living with serious illness as a result of smoking and/or use of smokeless tobacco.

Quitting can be difficult, however Orchard is ready to help smokers start their "Quit Journey." The health district is partnering with the Wellness Tree to provide *Freedom From Smoking*<sup>®</sup> classes.

"Our classes are specifically designed to help those who wish to get rid of their tobacco addiction and take back control of their health." The Freedom From Smoking<sup>®</sup> program was developed 35 years ago by the American Lung Association. Since then, the program has helped hundreds of thousands of people end their addiction to nicotine.

The adult tobacco cessation program is offered at no cost. Freedom From Smoking<sup>®</sup> classes will be held:

- **Twin Falls (Wellness Tree)**, May 10 – June 7 (Wednesdays), Wellness Tree, located at 173 Martin St. in Twin Falls.
- **Twin Falls (CSI Campus)**, May 11 – June 8 (Thursdays), 10:00 – 11:30 a.m., South Central Public Health District, located at 1020 Washington St. N. in Twin Falls (CSI Campus)

For further information about tobacco cessation classes, please visit [phd5.idaho.gov/tobacco](http://phd5.idaho.gov/tobacco).

To register, contact Cody Orchard at 737-5968.

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