



South Central Public Health District
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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! Beginning July 11, 2017, South Central Public Health District (SCPHD) is partnering with The Wellness Tree and Shoshone Family Medical Center to offer a new set of 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.

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.

The adult tobacco cessation program is offered free of charge as a public health community service. Freedom From Smoking® classes will be held:

- **Gooding (South Central Public Health District Office):** 255 North Canyon Drive
July 11-August 8 (Tuesdays), 5:30-6:30 p.m.
- **Twin Falls (Wellness Tree Clinic):** 173 Martin Street
July 12-August 9 (Wednesdays), 1:00-2:00 p.m.
- **Twin Falls (South Central Public Health District Office):** 1020 Washington Street North (CSI Campus) July 13-August 10 (Thursdays), 5:30-6:30 p.m.
- **Shoshone (Shoshone Family Medical Center):** 113 S Apple Street
August 22-September 19 (Tuesdays), 6:00-7:00 p.m.

For further information about tobacco cessation classes, please visit phd5.idaho.gov/tobacco. To register, contact Cody Orchard at (208) 737-5968.

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