

January 3, 2025

FOR IMMEDIATE RELEASE

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New Year, New You!

SCPHD Offering Free Tobacco Cessation Classes

South Central Public Health District (SCPHD) can help you quit smoking, vaping, chewing tobacco, and using other nicotine products with community classes this winter.

"Right now is the best time to start focusing on quitting your addiction to nicotine," said Gabriella Geiselmeyr, SCPHD Health Education Specialist. "South Central Public Health District can help you achieve this lifestyle change with free patches, gum and counseling. These tools can help you to stay consistent as you work on developing healthier habits."

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. According to the CDC, every year more than 480,000 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 the use of smokeless tobacco. Devices that only carry nicotine are also a serious concern for healthcare organizations across the country. Nicotine is a highly addictive drug, and the e-cigarettes (or vaping) devices that carry the drug without tobacco often contain other chemicals that can wreak havoc on your lungs.

It can feel overwhelming to take those first steps toward a nicotine-free life. However, there are resources available and people don't have to go through that process alone. Participants (18 years of age and older) in the 5-week class will receive free nicotine patches, gum, and lozenges to support their effort to quit smoking and tobacco. In addition to these 5-week classes in Filer and Gooding, SCPHD will also host a free walk-in clinic at the Twin Falls office throughout January and February that will be available to those of all ages that are seeking help to quit nicotine.

Please see the Tobacco Cessation Class Schedule on the following page for class locations and times.



South Central Public Health District
1020 Washington Street North
Twin Falls, ID 83301
866-710-9775
www.phd5.idaho.gov



SCPHD Tobacco Cessation Class Schedule (Open to 18 years of age and older):

Gooding | Mondays, January 6 – February 3, 2025 | 4 p.m. - 5 p.m.

Gooding Senior Center
308 Senior Ave.
Gooding, ID 83330

Filer | Tuesdays, January 7 – February 4, 2025 | 3 p.m. - 4 p.m.

Filer Senior Haven
222 Main St.
Filer, ID 83328

SCPHD Tobacco Cessation Walk-In Clinic Schedule (Open to all ages):

Twin Falls | Thursdays, January 9 – February 27, 2025 | 4 p.m. - 7 p.m.

South Central Public Health District – Twin Falls Office
North Reception Entrance
1020 Washington St. N
Twin Falls, ID 83301

For more information, or class-related questions, call 208-944-2405.

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