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FOR IMMEDIATE RELEASE

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

South Central Idaho- It is time to crush the habit. We can help! South Central Public Health District (SCPHD) is offering tobacco cessation community classes this winter.

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.

“Many people are ready to quit smoking but don’t know how to start. That’s where we come in!” said Cody Orchard, Health Education Specialist. “Our classes are designed to help people overcome their addiction and take back control of their health.”

Orchard also offers one-one-one classes for residents who can’t make the community classes or prefer more individualized help.

Participants, 18 and older, in the five-week class also receive free nicotine patches, gum, and lozenges to support their effort to quit smoking and tobacco.

Class schedule:

South Central Public Health District - Gooding Office
255 N Canyon Dr. (in Gooding)
Tuesday’s, August 15 - September 12, 2023
5:30 - 6:30 p.m.

South Central Public Health District - Bellevue Office
117 E Ash St. (in Bellevue)
Monday’s, Sept 11 - Oct 9, 2023
5:30 - 6:30 p.m.

Family Health Services - Shoshone, Idaho
113 S Apple St. (in Shoshone)
Wednesday's, October 4 - Nov 1, 2023
5:30 - 6:30 p.m.

South Central Public Health District - Heyburn Office
485 22nd St. (in Heyburn)
Monday's, October 16 - November 13, 2023
5:30 - 6:30 p.m.

Visit phd5.idaho.gov/tobacco for more information or call (208) 737-5968 to schedule a class.