



South Central District Health

Keeping your family & community healthy
1020 Washington Street North * Twin Falls, ID 83301
208-737-5900

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PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health and CSI Offer Tobacco Cessation Classes

South Central District Health, along with the College of Southern Idaho, will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco. This FREE six-week class will begin on Wednesday, Oct. 4, at 5:30 and continue every Wednesday until Nov. 8 in the Katz Conference Room at South Central District Health, 1020 Washington St. North. The office is located on the west side of the CSI campus. Participants may register by calling Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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