



South Central District Health

Keeping your family & community healthy
*1020 Washington Street North * Twin Falls, ID 83301*
*208-737-5900 * www.phd5.idaho.gov*

January 19, 2007

PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945
Jeanette Charters, Smoking Cessation Instructor, 308-5613

District Health and St. Luke's Magic Valley Offer Tobacco Cessation Classes

South Central District Health, along with St. Luke's Magic Valley Regional Medical Center, will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco. This FREE six-class session will be Mondays and Thursdays, starting on Feb. 5 and running through Feb. 22. Classes will be held from 6:30 – 7:30 p.m. in the St. Luke's Education Building, 595 Addison Ave. West in Twin Falls. Registration for the class can be made by calling Jeanette Charters, Smoking Cessation Instructor, at 308-5613, or Tami Pearson, 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.

###