



South Central District Health

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

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PRESS RELEASE – For Immediate Release

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

District Health and St. Luke's Offers 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 session of the FREE six-class program will be offered on Mondays and Thursdays, March 6 through March 22, 2007, at 6:30 – 7:30 p.m. in the Sunflower Room in the Education Building at St. Luke's Magic Valley Regional Medical Center. Registration for the classes can be made by calling Jeanette Charter, Smoking Cessation Instructor, 308-5613 or Tami Pearson, Tobacco Program Coordinator for South Central District Health, 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. For every tobacco-related death, twenty others suffer significant health issues with decreased quality of life. Space is limited in the free class so participants are urged to register early.

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