



1020 Washington St. N, Twin Falls, Idaho

September 9, 2008

FOR IMMEDIATE RELEASE

Contact: Tami Pearson, Tobacco Program Coordinator, 208-737-5945

South Central Public Health and College of Southern Idaho Offer Free Tobacco Cessation Classes

TWIN FALLS-South Central Public Health District (SCPHD) and College of Southern Idaho (CSI) will offer the American Cancer Society's "Fresh Start" program to help people quit using tobacco products. Free classes are being offered at the following times:

- Mondays and Wednesdays starting September 15, 12 p.m. - 1 p.m. (6 classes in 3 weeks)
- Tuesdays and Thursdays starting September 16, 3 p.m. - 4 p.m. (6 classes in 3 weeks)
- Tuesdays starting September 16, 6:30 p.m. - 7:30 p.m. (6 classes in 6 weeks)

All classes take place in Room 232 of the Student Union Building. Preregistration is requested. The "Fresh Start" program is offered free of charge as a community service to all Magic Valley residents. Space is limited for these classes and those wishing to attend are urged to register early. Contact Tami Pearson, Tobacco Program Coordinator for SCPHD, at 737-5945.

The program is specifically designed for those who want to get rid of their addiction to tobacco. Skills and knowledge levels are built to help reduce and eventually eliminate the use of tobacco. Participants in the class learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise. Smoking is the single most preventable cause of death today in the United States. More than 440,000 people die each year from using tobacco products, which averages about 1,200 people a day. For every tobacco-related death, there will be 20 others who will suffer from various health problems and a decreased quality of life.

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