



---

1020 Washington St. N, Twin Falls, Idaho

January 13, 2010

**FOR IMMEDIATE RELEASE**

Contact: Elvia Caldera, Tobacco Program Coordinator, 737-5988; or Jonie Benson, Administrative Assistant, 734-2610

**Free Tobacco Cessation Classes Offered by Mustard Tree Wellness Clinic and South Central Public Health District**

TWIN FALLS- Start the New Year with a fresh start. The Mustard Tree Wellness Clinic and South Central Public Health District (SCPHD) are partnering to offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco products. The free six-class program will be conducted each Monday from January 25 through March 1. Classes will be held 6:00-7:00 p.m. at the Mustard Tree Wellness Clinic, 676 Shoup Avenue West, in Twin Falls.

The "Fresh Start" program is offered free of charge as a community service to Magic Valley residents. Space is limited for these classes, and those wishing to attend are urged to register early. Contact Elvia Caldera (SCPHD Tobacco Program Coordinator) at 737-5988 or Jonie Benson (Mustard Tree Wellness Clinic Administrative Assistant) at 734-2610.

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.

###