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**MEDIA ALERT**

Contact: Elvia Caldera, Tobacco Program Coordinator, 737-5988

**SCPHD Offering Free Cessation Classes to Magic Valley Smokers**

TWIN FALLS-South Central Public Health District (SCPHD) will be offering tobacco cessation class session beginning April 1, 2014. The **free** seven-class program will be conducted each Tuesday from 5:30- 7:15 p.m. at SCPHD located at 1020 Washington Street North (on the CSI Campus) in Twin Falls.

The adult tobacco cessation program is offered free of charge as a public health community service to Magic Valley residents. Space is limited for these classes, and those wishing to attend are urged to register early. To register, contact Elvia Caldera, Tobacco Program Coordinator for SCPHD, at 737-5988.

According to the American Lung Association's Freedom from Smoking, smoking is a complex process involving physical, mental, and social interactions. This program helps participants learn to manage cravings, thoughts, and social relationships to maximize success when quitting smoking and remaining abstinent.

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