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MEDIA ALERT

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It's Quitting Time! SCPHD Offering Free Tobacco Cessation Classes

TWIN FALLS- It is never too late to quit. Tobacco use is the single most preventable cause of death and disease today in the United States. According to the CDC, every year more than 440,000 people die from smoking or exposure to secondhand smoke. Meanwhile, around 8.6 million people are living with serious illness as a result of smoking and/or use of smokeless tobacco.

Beginning January 27, South Central Public Health District (SCPHD) will offer a new set of Freedom From Smoking® classes to help you become tobacco-free. Freedom From Smoking® classes are specifically designed to help those who wish to get rid of their tobacco addiction and take back control of their health.

The adult tobacco cessation program is offered free of charge as a public health community service. Space is limited and those wishing to attend are urged to register early. There are five Freedom From Smoking® classes that will be held every Tuesday from 5:30-7:00 p.m., January 27- February 24, with an extra class held on February 11, at SCPHD located at 1020 Washington Street North (on the CSI Campus) in Twin Falls.

For further information about smoking cessation classes, please visit phd5.idaho.gov. To register, contact Kristiana Berriochoa at 737-5988.

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