

December 21, 2017

**FOR IMMEDIATE RELEASE**

Contact: Cody Orchard, Health Education Specialist, (208) 737-5968

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

TWIN FALLS- It is never too late to quit! Beginning December 27, 2017, South Central Public Health District (SCPHD) is partnering with The Wellness Tree Community Clinic, City of Jerome, Shoshone Family Medical Center, and Cassia Regional Hospital to offer a new set of Freedom From Smoking<sup>®</sup> classes to help you become tobacco-free.

Tobacco causes a majority of the preventable death and disease 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.

“Our classes are specifically designed to help those who wish to get rid of their tobacco addiction and take back control of their health,” says Cody Orchard, Health Education Specialist. The Freedom From Smoking<sup>®</sup> program was developed 35 years ago by the American Lung Association. Since then, the program has helped hundreds of thousands of people end their addiction to nicotine.

The adult tobacco cessation program is offered at no cost. Freedom From Smoking<sup>®</sup> classes will be held:

- **City Of Jerome, Council Chambers**  
100 East Ave A (Corner of East Ave A and South Lincoln, Jerome, Idaho)  
Wednesdays, December 27, 2017 - January 24, 2018  
5:30 - 6:30 p.m.
- **Shoshone Family Medical Center**  
(113 S Apple St., Shoshone, Idaho)  
Thursdays, December 28, 2017 - January 25, 2018  
5:30 - 6:30 p.m.
- **Wellness Tree Community Clinic**  
(173 Martin St., Twin Falls, Idaho)  
Wednesdays, January 3, 2018 - January 31, 2018  
2:00 - 3:00 p.m.
- **Cassia Regional Hospital**  
(1501 Highland Avenue, Burley, Idaho)  
Located in the Evergreen Room  
Tuesdays, January 23, 2018 - February 20, 2018  
5:00 - 6:00 p.m.

For further information about tobacco cessation classes, please visit [phd5.idaho.gov/tobacco](http://phd5.idaho.gov/tobacco). To register, contact Cody Orchard at (208) 737-5968.

###