

FOR IMMEDIATE RELEASE

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

TWIN FALLS- Cody Orchard says, "It is never too late to quit tobacco". Orchard is a Health Education Specialist at South Central Public Health (SCPHD). Beginning April 5, Orchard will begin leading tobacco cessation classes throughout south central Idaho. He is looking for participants.

According to Orchard, "Tobacco use is the single most preventable cause of death and disease today in the United States." The Centers for Disease Control (CDC) agree. CDC data indicates more than 440,000 people die each year from smoking or exposure to secondhand smoke. Another 8.6 million people are living with serious illness as a result of smoking and/or use of smokeless tobacco.

Quitting can be difficult however Orchard is ready to help smokers start their "Quit Journey". The health district is partnering with the Wellness Tree and St. Luke's Wood River to provide *Freedom From Smoking*® classes.

"Our classes are specifically designed to help those who wish to get rid of their tobacco addiction and take back control of their health". The Freedom From Smoking® 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® classes that will be held:

- **Twin Falls (Wellness Tree)**
April 5 – May 3 (Wednesdays) 2:00-3:30 p.m
Wellness Tree Located at 173 Martin St. in Twin Falls.
- **Twin Falls (CSI Campus)**
April 6 – May 4 (Thursdays) 10:00 – 11:30a.m.
South Central Public Health District located at 1020 Washington St N. in Twin Falls (CSI campus).
- **Hailey St. Luke's WR Clinic**
April 24 – May 22 (Mondays) 5:00 to 6:30p.m.
St Luke's Wood River Hailey Clinic (Carbonate Room)Located at 1450 Aviation Dr. in Hailey Idaho.

- **Twin Falls (Wellness Tree)**
May 10 – June 7 (Wednesdays)
Wellness Tree Located at 173 Martin St. in Twin Falls.
- **Twin Falls (CSI Campus)**
May 11 – June 8 (Thursdays) 10:0 – 11:30a.m.
South Central Public Health District located at 1020 Washington St. N. in Twin Falls
(CSI Campus)

For further information about tobacco cessation classes, please visit phd5.idaho.gov. To register, contact Cody Orchard at 737-5968.

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Class Information: Cody Orchard, 737-5968