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**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 October 30, 2017, South Central Public Health District (SCPHD) is partnering with The Wellness Tree and St. Luke's Wood River 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:

- **St. Luke's Wood River Hailey Clinic:**  
October 30 – November 27 (Mondays)  
5:00 – 6:00 p.m.  
*St. Luke's Wood River is located at 1450 Aviation Drive in Hailey Idaho. Class is located in the Carbonate 1 Room.*
- **Twin Falls (Wellness Tree Clinic):**  
November 1 – November 29 (Wednesdays)  
2:00 – 3:00 p.m.  
*The Wellness Tree Clinic is located at 173 Martin Street in Twin Falls.*
- **Twin Falls (South Central Public Health District):**  
November 7 – December 5 (Tuesdays)  
5:30 – 6:30 p.m.  
*South Central Public Health District is located at 1020 Washington Street North in Twin Falls (CSI Campus).*

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.

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