



South Central Public Health District  
1020 Washington Street North  
Twin Falls, ID 83301  
866-710-9775  
[www.phd5.idaho.gov](http://www.phd5.idaho.gov)



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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 March 7, 2018, South Central Public Health District (SCPHD) is partnering with 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:

- **South Central Public Health District – Gooding Location**  
(255 N Canyon Drive in Gooding Idaho)  
Wednesdays, March 7, 2018 – April 4, 2018  
5:30 - 6:30 p.m.
- **St Luke's Wood River Hailey Clinic**  
(1450 Aviation Drive in Hailey Idaho)  
Located in the Carbonate 2 Room  
Mondays, March 26, 2018 - April 23, 2018  
5:00 -6:00 p.m.

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

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