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**FOR IMMEDIATE RELEASE**

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

TWIN FALLS- It is never too late to quit! Beginning August 1<sup>th</sup>, 2018, South Central Public Health District (SCPHD) is partnering with The Wellness Tree Community Clinic, Shoshone Family Medical Center, Cassia Regional Medical Center, and St. Luke's Wood River to offer a new set of Freedom From Smoking<sup>®</sup> classes to help residents 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 designed to help people overcome their tobacco addiction and take control of their health," said Cody Orchard, Health Education Specialist. "These classes are just a start, if you want to quit and can't make it to a class call (208) 737-5968 and we will work around your schedule."

The Freedom From Smoking<sup>®</sup> program was developed 35 years ago by the American Lung Association and is offered at no cost. The program has helped hundreds of thousands of people end their addiction to nicotine.

Class schedule:

- **Cassia Regional Medical Center**  
(1501 Highland Ave in Burley Idaho)  
Located in the Evergreen room (next to cafeteria)  
Tuesdays August 7, 2018 – September 4th, 2018  
11:00 - 12:00
- **Shoshone Family Medical Center**  
(113 S Apple St in Shoshone Idaho)  
Wednesdays August 15, 2018 – September 12, 2018  
5:30 -6:30
- **Wellness Tree Community Clinic**  
(173 Martin Street in Twin Falls Idaho)  
Wednesdays August 15, 2018 – September 12, 2018  
2:00 – 3:00
- **South Central Public Health District**  
(1020 Washington Street North in Twin Falls Idaho)  
Located on CSI campus  
Thursdays August 30, 2018 – August 27, 2018
- **St Luke's Wood River Hailey Clinic**  
(1450 Aviation Drive in Hailey Idaho)  
Located in Carbonate 2 Room (basement level)  
Tuesdays October 2, 2018 – October 30  
5:00 – 6:00

Visit [phd5.idaho.gov/tobacco](http://phd5.idaho.gov/tobacco) for more information or call (208) 737-5968 to schedule a class.