



South Central Public Health District
1020 Washington Street North
Twin Falls, ID 83301
866-710-9775
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

GOODING COUNTY- It is never too late to quit! On September 26th, South Central Public Health District (SCPHD) is offering a tobacco cessation class in Gooding, Idaho, at the public library.

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. Devices that only carry nicotine are also a serious concern for healthcare organizations across the country. Nicotine is a highly addictive drug, and the e-cigarettes (or vaping) devices that carry the drug without tobacco often contain other chemicals that can wreak havoc on your lungs.

“Our classes are designed to help people overcome their 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® 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:

- September 26th
Gooding Public Library
306 5th Ave W. Gooding, Idaho
6:30 p.m.

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