



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

BLAINE COUNTY- It is never too late to quit! From September 10th to October 8th, South Central Public Health District (SCPHD) is offering tobacco cessation classes every Tuesday at five p.m. in St. Luke's Hailey Clinic.

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[®] 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:

- **Carbonate Rooms in St. Luke's Hailey Clinic**
(1450 Aviation Dr. Hailey, Idaho)
Tuesdays, September 10, 2019 – October 8th, 2019
5:00 p.m.
Call 208-727-8733 to register

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