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FOR IMMEDIATE RELEASE

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

South Central Idaho- It is time to crush the habit. We can help! South Central Public Health District (SCPHD) is offering tobacco cessation community classes this winter.

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. According to the CDC, every year more than 480,000 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.

“Many people are ready to quit smoking, but don’t know how to start. That’s where we come in!” said Cody Orchard, Health Education Specialist. “Our classes are designed to help people overcome their addiction and take back control of their health.”

Orchard also offers one-one-one classes for residents who can’t make the community classes or prefer more individualized help.

Participants, 18 and older, in the five-week class also receive free nicotine patches, gum, and lozenges to support their effort to quit smoking and tobacco.

Class schedule:

Cassia Regional Hospital
Conference room next to cafeteria
1501 Hiland Ave in Burley
Tuesdays November 1 - November 29
5:30 - 6:30 p.m.

South Central Public Health District- Twin Falls office
1020 Washington St. N. in Twin Falls
Thursdays Dec 1, 2022 - January 26, 2023

4:00 - 7:00 p.m.

South Central Public Health District- Jerome office

951 E Ave H in Jerome

Tuesdays January 3, 2023 - January 31, 2023

5:30 - 6:30 p.m.

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