

April 5, 2024

FOR IMMEDIATE RELEASE

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

South Central Public Health District (SCPHD) can help you quit smoking, vaping, chewing tobacco, and other nicotine products with community classes this spring.

“Quitting an addiction takes time. It isn’t a single decision, it’s a series of consistent steps,” said Cody Orchard, SCPHD Senior Health Specialist. “Having support through that process can make all the difference.”

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 the 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.

“It can feel overwhelming to take that first step toward a nicotine-free life. We want people to know they don’t have to do it alone,” said Orchard. “Our classes empower people to overcome their addiction and take back control of their health.”

Participants (18 years of age and older) in the five-week class also receive free nicotine patches, gum, and lozenges to support their effort to quit smoking and tobacco. Orchard also offers one-on-one classes for residents who can’t make the community classes or prefer more individualized help.

Please see the Tobacco Cessation Class Schedule on the following page for class locations and times.



South Central Public Health District
1020 Washington Street North
Twin Falls, ID 83301
866-710-9775
www.phd5.idaho.gov



SCPHD Tobacco Cessation Class Schedule:

Heyburn | Mondays, April 15 – May 13, 2024 | 5:30 p.m. - 6:30 p.m.

South Central Public Health District - Heyburn Office
485 22nd Street
Heyburn, ID 83336

Bellevue | Tuesdays, May 14 – June 11, 2024 | 5:30 p.m. - 6:30 p.m.

South Central Public Health District - Bellevue Office
117 East Ash Street
Bellevue, ID 83313

Gooding | Tuesdays, June 4 – June 25, 2024 | 5:30 p.m. - 6:30 p.m.

South Central Public Health District - Gooding Office
255 North Canyon Drive
Gooding, ID 83330

Jerome | Wednesdays, June 5 – June 26, 2024 | 5:30 p.m. - 6:30 p.m.

South Central Public Health District – Jerome Office
951 East Avenue H
Jerome, ID 83338

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

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