



July 5, 2006

FOR IMMEDIATE RELEASE

Public Service Announcement

Southeastern District Health Department to Offer Free Workshop

Tobacco Cessation Program to Hold Free Class

Pocatello – Most people want to quit tobacco but just don't know how. Nancy Caspersen, RN, will teach you how to quit. Starting on Monday, July 10th from 3:30 p.m. to 5:30 p.m. or 6:30 p.m. to 8:30 p.m. and running four consecutive days, Nancy will provide participants with the information needed to succeed in tobacco cessation using coping skills that are healthier than lighting up or reaching for a chew. (The 6:30 p.m. session is full).

Southeastern District Health Department (SDHD) will be offering this tobacco cessation course and invites all interested people to attend and has limited space available. The class, which is free to the public, will be held at the SDHD Bannock County office located at 1901 Alvin Ricken Drive, Pocatello, ID. Enrolled participants are educated in the various tobacco cessation aids that are available to help make quitting as comfortable as possible, stress management, a regular routine of exercise, and community and national resources.

Pre-registration is required and space will be limited for this course. To learn more about the Tobacco Cessation program at SDHD or to register for the upcoming class, please call Traci Lambson at 208-478-6316 or Nancy Casperson at 208-342-0308.

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For further information regarding this release, please contact Mary Howell at the Southeastern District Health Department at 208-239-5288.