



February 4, 2008

FOR IMMEDIATE RELEASE

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. Classes will start on Monday, March 3, 4, 5, and 6, 2008, from 12:00 noon – 2:00 p.m. or 3:30 p.m. to 5:30 p.m. or 6:30 p.m. to 8:30 p.m. During these 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.

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.

Tobacco use remains the #1 cause of preventable death in the U.S. In fact, more than one-third of smokers will die of a tobacco related disease. Further, Environmental Tobacco Smoke (ETS) contributes to over 3,000 lung cancer deaths per year in addition to being a leading cause of middle ear infections, respiratory illness, headaches, and many other illnesses; this annual event serves as an important reminder of the benefits of remaining tobacco-free.

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 Caspersen 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.