



# Southeastern Idaho Public Health

For Immediate Release  
December 6, 2017

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## **Southeastern Idaho Public Health Offers Free Tobacco Cessation Program**

A FREE four week Fresh Start Tobacco Cessation program will be offered to Malad community members in January. Classes will begin on Thursday, January 4<sup>th</sup> and taught consecutively through Thursday, January 25<sup>th</sup>. The program will be held from 5:30 p.m. to 6:30 p.m. at Southeastern Idaho Public Health located at 175 South 300 East in Malad.

Fresh Start is a program that takes you through the quitting process one step at a time in a supportive environment. It offers a method for quitting based on the premise that smoking is a learned activity. A certified facilitator helps you understand when and why you smoke so you can learn to fight your addiction and quit for good.

Classes will help you to:

- Develop a deeper understanding of what triggers your need to smoke and ways to cope without lighting up;
- Build your confidence and motivation until your quit date;
- Learn techniques to manage stress, nicotine withdrawal, medications, weight control, and long-term strategies for staying free from tobacco; and
- Participate in discussions where you can share your struggles and successes with others who understand what you are going through.

Pre-registration is required and space is limited for this free program. For more information or to register for this program, please call 208-766-4764 or visit [www.siphidaho.org](http://www.siphidaho.org).