



**FOR IMMEDIATE RELEASE**  
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## **Sacred Heart to Offer Free Tobacco-Cessation Classes**

Sacred Heart Hospital in Pensacola will offer a free, six-week tobacco-cessation program beginning Jan. 19 and Jan. 23 for persons who want to stop smoking or using tobacco. Quit Smoking Now (QSN) provides structured classes in a supportive, stress-free environment. Step by step, tobacco-users will learn how to replace their nicotine habit with healthy alternatives.

The two-hour classes will be offered on Thursday mornings beginning Jan. 19 from 10 a.m. to 12 p.m. (noon) and Monday nights beginning Jan. 23 from 6 to 8 p.m. Classes will be held in the Carmel Heights Building on the Sacred Heart Hospital campus. The Carmel Heights Building is located at 5225 Carmel Heights Dr. near the Pediatric Care Center. A new series of classes will begin every seven weeks.

To register for tobacco-cessation classes, or for more information, please call 416-7764.

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