

# If you're ready to quit tobacco Help is **FREE!**

## Class Schedule

### **Gulf County *Tools to Quit***

**Sacred Heart Hospital on the Gulf**  
(in cafeteria)

3801 E. Hwy 98, Port St Joe, FL 32456

3rd TUESDAY of the month

**5:30-7:30PM EST**

To register call 850-224-1177  
or email

[jlewis@bigbendahec.org](mailto:jlewis@bigbendahec.org)

- **FREE** - Nicotine Replacement Patches, Gum and Lozenges\*
- **FREE** - Community, worksite, and clinic groups offered
- Covers all forms of tobacco

*\* While supplies last and if medically appropriate.*

IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit. Call to Register.



[www.ahectobacco.com](http://www.ahectobacco.com)

Toll free 877.848.6696