



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 from Aug. 9 through Sept. 13 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 Thursdays from 9 to 11 a.m. through Sept. 13. Classes will be held at 5051 Carpenters Creek Dr. in Pensacola.

Those unable to attend classes may make an appointment for one-on-one counseling sessions.

To register for tobacco-cessation classes or individual counseling sessions, or for more information, please call 850-416-7764.

About Sacred Heart Health System

In Florida, Ascension operates Sacred Heart Health based in Pensacola and St. Vincent's HealthCare based in Jacksonville. Together, Ascension operates seven hospitals and more than 100 other sites of care, and they employ nearly 10,000 associates. Across the region, Sacred Heart and St. Vincent's have served North Florida communities for more than 145 years. In fiscal year 2017, they provided \$168 million in community benefit and care of persons living in poverty. Ascension (www.ascension.org) is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As the largest non-profit health system in the U.S. and the world's largest Catholic health system, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 165,000 associates and 34,000 aligned providers. Ascension's Healthcare Division operates more than 2,600 sites of care – including 153 hospitals and more than 50 senior living facilities – in 22 states and the District of Columbia. For more information on Sacred Heart Health System, visit www.sacred-heart.org.

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