



**Quit Tobacco Program
at Porter Hospital
Helping You Quit and Stay Quit**

Offering Free:

- 🌳 Individualized treatment,
personalized quit plans**
- 🌳 One-on-one coaching**
- 🌳 Quit Tobacco classes**
- 🌳 Getting Ready to Quit groups**

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Live Free...Breathe Free...Tobacco Free

“Without your intervention my family would all still be smoking. You are responsible for leading us out of the darkness of nicotine addiction.” (P.B.)

“The first part was realizing I needed to come and get your help. You and your program were exactly what I needed to quit.” (C.)

“This program has really given me hope that I can quit this addiction and live a tobacco-free life.” (C.H.)

“Everything tastes and smells better!...And my fingers ain’t yellow anymore!” (R.B.)

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