

QUIT TODAY!

1-866-377-1234

HMJ PATCH Program



Project of Integrated Behavioral Healthcare Management Services, Inc. (IBHMS) and
American Lung Association of South Central PA— Funding provided by the PA Department of Health

Promoting Adult & Adolescent Tobacco Cessation and Health

Adults and Adolescents
Huntingdon, Mifflin, Juniata counties
Smokeless tobacco, too!

CALL 1-866-377-1234



*Consent from family doctor required for
provision of nicotine patches and/or gum*

***Must attend classes to receive
free patches/gum (NRT)**

**IF YOU USE TOBACCO,
YOU QUALIFY FOR:**

FREE SUPPORT/RESOURCES!

FREE NICOTINE PATCHES!

FREE NICOTINE GUM!

*ALA's 'Freedom From Smoking' Program
Evidence-based and Follows Best Practice
1 hour per week classes for 8-10 weeks
6-8 week supply of nicotine patches/gum*

***NRT cannot be given to persons
under the age of 18 or pregnant women**

** **

JOIN NOW!

Huntingdon Counseling and Psychiatric Services
900 Bryan St., Suite 5—across parking lot from JC Blair Hospital

Call 1-866-377-1234

Plan your quit date today!