

**February 12, 2016**

**FREE QUIT TOBACCO CLASS FEBRUARY 18, 2016**



**Contact:**

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**Lake County** – The Florida Department of Health in Lake County (DOH-Lake) in collaboration with the Central Florida Area Health Education Center (AHEC) to offer the following free Quit Tobacco Class. It's not too late to register for this "free" 2 hour seminar for the "Tools to Quit" tobacco.

**Thursday, February 18 from 6:00 pm to 8:00 pm**

Florida Department of Health in Lake County (Administration Building)

16140 US Hwy 441, Eustis, 32726

There is no charge to enroll in the program which includes the following:

- No charge for materials
- Free Nicotine Replacement (nicotine patch while supplies last)
- Covers all forms of tobacco
- Group led by trained tobacco cessation specialist
- Quit Smoking Now workbook and incentive items

Registration is required by calling **1-877-252-6094** or to learn more about the Quit Smoking Now (QSN) Program. The QSN Program is sponsored by the Florida AHEC Network and the Florida Department of Health, Bureau of Tobacco Free Florida.

**About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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