

**July 26, 2016**

**FREE QUIT TOBACCO CLASSES BEGINNING AUGUST 2, 2016**



**Contact:**

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**EUSTIS, FL** – 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 Classes:

**Weekly Tuesdays August 2 – September 6 from 6:00 pm to 7:00 pm**

Florida Hospital Waterman (Conroy Creation Health Center)  
1000 Waterman Way, Tavares, 32778

**Thursday, August 4 from 8:00 am to 10:00 am**

**Saturday, August 13 from 9:00 am to 11:00 am**

**Monday, August 15 from 5:30 pm to 7:30 pm**

**Monday, August 22 from 5:30 pm to 7:30 pm**

Leesburg Regional Medical Center (Wound Care Building – Classroom B)  
600 E. Dixie Avenue, Leesburg, 34748

**Friday, August 19 from 10:30 am to 12:30 pm**

**Weekly Fridays September 9 – October 7 from 10:30 am – 11:30 am**

Simpson Farm House (Next to W.T. Bland Public Library)  
1995 North Donnelly Street, Mount Dora, 32757

**Weekly Mondays August 22 – September 26 from 6:30 pm to 8:00 pm**

LiveWell Fitness Center (Across from Southlake Hospital)  
1935 Don Wickham Dr. Clermont, 34711

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, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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