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FREE QUIT TOBACCO CLASSES BEGINNING FEBRUARY 5, 2016



Contact:

Noelda Lopez, Public Information Specialist

Noelda.Lopez@Flhealth.gov

Office: 352-589-6424, After Hours: 352-728-7662

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 Classes:

Weekly Fridays, February 5 – March 4 from 10:30 am to 11:30 am

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

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

Weekly Mondays February 22 – March 28 from 6:30 pm to 8:00 pm

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

Thursday, February 25 from 6:00 pm to 8:00 pm

Clermont Arts & Recreation Center
3700 S. Highway 27, Clermont, 34711

Friday, February 26 from 3:15 pm to 4:45 pm

Goodwill Leesburg (Job Connection Center)
10600 US Highway 441, Leesburg, 34788

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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