

January 5, 2016

FREE QUIT TOBACCO CLASSES BEGINNING JANUARY 7, 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 Classes:

Weekly Thursdays, January 7 – February 11 from 5:30 pm to 6:30 pm

The Villages Regional Hospital (Sharon Morse Building – 2nd Floor, Room 520)
1451 El Camino Real, The Villages, 32159

Friday, January 8 from 1:00 pm to 3:00 pm

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

Weekly Mondays, January 11 – February 8 from 5:30 pm to 6:30 pm

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

Weekly Mondays January 11 – February 15 from 6:30 pm to 8:00 pm

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

Friday, January 15 from 10:30 am to 12:30 pm

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

Weekly Tuesdays January 19 – February 23 from 6:00 pm to 7:00 pm

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

Tuesday, January 26 from 6:00 pm to 8:00 pm

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

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

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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