

**May 18, 2016**

**FREE QUIT TOBACCO CLASSES BEGINNING June 2, 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:

**Thursdays, June 2 – July 7 from 5:00 pm to 6:00 pm**

Leesburg Regional Medical Center  
600 E. Dixie Avenue, Leesburg, 34748

**Weekly Mondays July 11 – August 15 from 6:30 pm to 8:00 pm**

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

**Friday, June 24 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

**Friday, July 15 from 1:00 pm to 3:00 pm**

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

**Thursday, July 21 from 6:00 pm to 8:00 pm**

Clermont Arts & Recreation Center  
3700 S. Highway 27, 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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