

Mar. 27, 2019

FREE QUIT TOBACCO CLASS STARTING APRIL 19TH IN LAKE COUNTY



Contact:

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Eustis, Fla. – 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:

2-Hour Tools to Quit Program

Friday, April 19th from 1:30 p.m. to 3:30 p.m.

Advent Health Waterman - Conroy CREATION Health Center (Conference Room)

1000 Waterman Way, Tavares, 32778

2-Hour Tools to Quit Program

Thursday, May 9th, from 6:00 p.m. to 8:00 p.m.

Florida Department of Health in Lake County (Administration Building)

16140 US Hwy 441, Eustis FL, 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, 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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