

October 30, 2015

FREE QUIT TOBACCO CLASSES BEGINNING NOVEMBER 18, 2015



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:

Wednesday, November 18 from 1:30 to 3:00 pm or 6:00 pm to 8:00 pm

The Springs of Lady Lake (Assisted Living Facility #9531)

In the Cafeteria

620 Griffin Road, Lady Lake, 32159

Thursday, November 19 from 6:00 pm to 8:00 pm

The Club Health & Rehabilitation Center at The Villages

16529 SE 86th Belle Meade Circle, The Villages, 32162

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.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.