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FREE QUIT TOBACCO CLASSES BEGINNING SEPTEMBER 21, 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:

Weekly on Mondays, September 21 to October 26 from 6:30 pm to 7:00 pm

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

Tuesday, September 22 from 6:00 pm to 8:00 pm

City of Minneola
800 N. Highway 27, Minneola, FL 34715

Friday, September 25 from 10:30 am to 12:30 pm

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

Monday, September 28 from 5:30 pm to 7:30 pm

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

Thursday October 1 from 5:30 pm to 7:30 pm

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

Tuesday, October 6 from 6:00 pm to 8:00 pm

Florida Department of Health in Lake County (Administration Building)
16140 U.S. Hwy 441, Eustis, Florida 32726

Friday, October 16 from 1:00 pm to 3:00 pm

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

Weekly on Tuesdays, November 3 to December 8 from 6:00 pm to 7:00 pm

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

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.

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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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