

March 7, 2018

FREE QUIT TOBACCO CLASSES BEGINNING MARCH 12TH 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 Classes:

2-Hour Tools to Quit Program

Monday, March 12 from 6:30 pm to 8:30 pm

&

5-Week Quit Smoking Now Program

Weekly Mondays April 2 – April 30 from 6:30 pm to 7:30 pm

National Training Center (Across from Southlake Hospital) 1935 Don Wickham Dr. Clermont

2-Hour Tools to Quit Program

Thursday, March 15 from 6:00 pm to 8:00 pm

Florida Department of Health in Lake County (Admin Building) 16140 US Hwy 441, Eustis

5-Week Quit Smoking Now Program

Weekly Wednesdays March 21 – April 18 from 1:00 pm to 1:00 pm

Leesburg Regional Medical Center (Wound Care Center) 404 S. Childs Street, Leesburg

2-Hour Tools to Quit Program

Friday April 6 from 10:30 am to 12:30 pm

Simpson Farm House (Next to W.T. Bland Public Library) 1995 N Donnelly St, Mt. Dora

2-Hour Tools to Quit Program

Friday April 13 from 1:00 pm to 3:00 pm

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

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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