

August 2, 2017

FREE QUIT TOBACCO CLASSES BEGINNING AUGUST 19TH IN LAKE COUNTY



Contact:

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EUSTIS, FL – 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

Saturday, August 19 from 9 am to 11:00 am

Monday, August 21 from 5:30 pm to 7:30 pm

Leesburg Regional Medical Center (Modular Classroom) 600 East Dixie Avenue, Leesburg

Thursday, September 7 from 7:30 am to 9:30 am

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

2-Hour Tools to Quit Program

Monday August 21 from 6:30 pm to 8:30 pm

6-Week Quit Smoking Now Program

Weekly Mondays August 28 – October 9 from 6:30 – 7:30 pm

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

2-Hour Tools to Quit Program

Friday, August 25 from 10:30 am to 12:00 pm

5-Week Quit Smoking Now Program

Weekly Fridays, September 8 – October 6 from 10:30 am to 11:30 am

Simpson Farm House (Next to W.T. Bland Public Library)

1995 North Donnelly Street, Mount Dora, 32757

2-Hour Tools to Quit Program

Saturday, August 26 from 10:30 am to 12:00 pm

Goodwill Leesburg Job Connection 1600 US Hwy 441, Leesburg

2-Hour Tools to Quit Program

Friday, September 29 from 1:00 pm to 3:00 pm

6-Week Quit Smoking Now Program

Weekly Wednesdays, October 11 – November 15 from 6:00 pm to 7:00 pm

Florida Hospital Waterman (Conroy 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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