

April 4, 2016

FREE QUIT TOBACCO CLASS APRIL 12, 2016



Contact:

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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 Class. It's not too late to register for this "free" 2 hour seminar for the "Tools to Quit" tobacco.

Tuesday, April 12 from 6:00 pm to 8:00 pm

Florida Department of Health in Lake County (Administration Building)

16140 US Hwy 441, Eustis, 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 works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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