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FREE QUIT TOBACCO CLASSES BEGINNING JANUARY 6, 2017



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:

Weekly Fridays, January 6 – February 10 from 12 pm to 1:00 pm

Leesburg Regional Medical Center (Wound Care Center Building) Classroom B
404 S. Childs St. Leesburg, 34748

Monday January 9 from 6:30 pm to 8:30 pm

Weekly Mondays January 23 – February 27 from 6:30 – 7:30 pm

National Training Center (Across from Southlake Hospital)
1935 Don Wickham Dr. Clermont, 34711

Weekly Fridays, January 20 – February 17 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

Friday, January 27 from 1:00 pm to 3:00 pm

Weekly Wednesdays, February 1 – March 8 from 6:00 pm to 7:00 pm

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

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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