

November 4, 2016

FREE QUIT TOBACCO CLASSES BEGINNING NOVEMBER 5, 2016



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:

Saturday, November 5 from 11 am to 12:30 pm

Goodwill Leesburg (Job Connection Center)

10600 US Highway 441, Leesburg, 34788

Weekly Mondays November 14 – December 12 from 6:30 pm to 8:00 pm

LiveWell Fitness Center (Across from Southlake Hospital)

1935 Don Wickham Dr. Clermont, 34711

Tuesday December 6 from 6:00 pm to 7:30 pm

Florida Hospital Waterman (Conroy Creation Health Center)

1000 Waterman Way, Tavares, 32778

Friday, December 16 from 10:30 am to 12:30 pm

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

1995 North Donnelly Street, Mount Dora, 32757

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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