

January 8, 2018

## FREE QUIT TOBACCO CLASSES BEGINNING JANUARY 8TH 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, January 8 from 6:30 pm to 8:30 pm***

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

***Friday, January 12 from 3:00 pm to 4:30 pm***

Goodwill Leesburg Job Connection Center 10600 US Hwy 441, Leesburg

### ***5-Week Quit Smoking Now Program***

***Weekly Wednesdays January 10 – February 7 from 1:00 pm to 2:00 pm***

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

***Weekly Fridays January 12 – February 9 from 10:30 am to 11:30 am***

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

### ***2-Hour Tools to Quit Program***

***Thursday, January 18 from 6:00 pm to 8:00 pm***

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

### ***6-Week Quit Smoking Now Program***

***Weekly Mondays January 22 – February 19 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, January 26 from 1:00 pm to 3:00 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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