

# If you're ready to quit tobacco Help is **FREE!**

## 6 week Quit Smoking Now Classes

\*Bethune-Cookman, Daytona Bch; Tues. 2/2-3/8, 5:15-6:15pm

\*FL Hosp. Fish Memorial, Orange City; Thurs. 2/11-3/17 5:30-6:30pm

\*FL Hosp. Oceanside, Ormond Bch; Tues. 2/16 -3/22, 5:30-6:30pm

\*FL Hospital, Deland; Tuesdays 3/8 - 4/12, 5:30 - 6:30pm

\*Bert Fish Hosp. New Smyrna Bch; Tues. 3/8-4/12, 5:30 - 6:30pm

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## 2 Hour Tools to Quit Classes

\*YMCA Port Orange; Wednesday 2/10, 10:00am -12noon

\*Stetson University, Deland; Tuesday 2/16, 6:00 - 8:00pm

\*Community Life Center, Deltona; Thurs. 2/18, 11:30am-1:30pm

\*FL Hosp. Oceanside, Ormond Beach; Monday 3/21, 5:00-7:00pm

- **FREE** - Nicotine Replacement Patches, Gum and Lozenges\*
- **FREE** - Community, worksite, and clinic groups offered
- Covers all forms of tobacco

*\* While supplies last and if medically appropriate.*

IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit. Call to Register.



*Sponsored by: Northeast Florida AHEC and the Florida Department of Health.*

904.482.0189

[www.ahectobacco.com](http://www.ahectobacco.com)

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