

Does the **Quit Smoking Now** program sound like a good fit for you?

Consider what past program members have said:

"It is so rewarding to be a non smoker. I feel we've been deceived, not really knowing what cigarettes do to our body. Now I feel educated as to the effects of cigarette smoking. I feel I have been set free, and that is a WONDERFUL THING!"

— Margie C. (used tobacco for 32 years; quit 2008)

"After taking the Quit Smoking Now class, I feel better, breath better, and for the first time in my life am actually happy and feel a sense of freedom!"

— Kim H. (used tobacco for 23 years; quit 2008)

"I was a two-pack a day smoker with NO strong desire to quit...but my QSN facilitator made me want to try. I haven't had a cigarette since July 2008 THANKS to her!"

—Gary H. (used tobacco for 32 years; quit 2008)

To learn more about the **Quit Smoking Now** program, call



[www.quit-smoking-now-first-coast.com](http://www.quit-smoking-now-first-coast.com) InfoRequest@northfloridaahec.org

To learn more about telephone counseling, call the Florida Quitline at:



This program is sponsored by the NE Florida AHEC and the Florida Department of Health.



... **Quit Smoking** .....  
**now!** program



**QUIT  
HAPPENS!**



Each year, 35 million people want to quit smoking. If you are one of those people, it is important to know that the **Quit Smoking Now** program is here to help.

Offered by Northeast Florida AHEC, Quit Smoking Now provides you with support, guidance and resources to help you quit. This six week program is designed to help you become tobacco free!

The program was created by an ex-smoker, and is led by a trained facilitator who will guide you through the many issues related to tobacco use including:

- Identifying and controlling your smoking/ tobacco "triggers"
- Coping with anger, sleep problems, and cravings, which are common for those who quit smoking
- What to do when you have friends and family who smoke around you
- How to prevent relapse (taking up smoking again)
- How physical activity and healthy food choices can make quitting smoking easier
- Managing stress

## FAQs

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I want to join the **Quit Smoking Now** program, but I'm not sure if I can quit right now—can I still join?

Yes! The Quit Smoking Now program welcomes anyone who wants to quit smoking, even if they are not 100% ready to quit.

How long is the **Quit Smoking Now** program?

The Quit Smoking Now program lasts 6 weeks. Groups meet once a week, and each session lasts from about 60-90 minutes.

How much does this program cost?

The Quit Smoking Now program is always **FREE** to the public.

Can people go through the program more than once?

A person may go through the Quit Smoking Now program as many times as needed.

I use chewing tobacco. Is there anyone who can help me?

The Quit Smoking Now program was created with all tobacco users in mind. Anyone who uses any kind of tobacco product is welcome to join the program.

I don't know if I'll be able to get to any of the **Quit Smoking Now** locations. Is there any help for me?

Yes. Another option is provided by the Florida Quitline. This is a free, over-the-phone program made to help people quit smoking.

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