QUIT **YOUR** WAY

Quitting tobacco isn't easy. Finding help should be.

Northeast Florida
Area Health Education Center (AHEC)

presents

FREE GROUP QUIT TOBACCO CLASSES

for

DUVAL COUNTY

LOCATION | DATE | TIME

Inspire & Rise Center

Wednesday, July 29, 2020
5:30pm - 7:30pm

Northeast Florida AHEC

Thursdays (4-weeks)
July 30 - Aug. 20, 2020
12:00pm - 1:00pm

Mayo Clinic Primary Care

Saturday, August 1, 2020
10:00am - 12:00pm

Inspire & Rise Center

Wednesdays (4-weeks) Aug. 26 - Sept. 16, 2020
5:30pm - 6:30pm

Northeast Florida AHEC

Thursday, August 27, 2020
1:00pm - 3:00pm

Prefer to take a class from the comfort and safety of your home?
Free virtual classes are also available!

FREE
Nicotine replacement patches, gum or lozenges.*
**If medically appropriate and 18 years of age or older.*

FREE
Participant workbook and materials.

More than **DOUBLES** your chances of success!

Programs cover all forms of tobacco.

Pre-registration required.
To register call: 904-482-0189

For more information, visit us at
tobaccofreeflorida.com/quityourway

This program is sponsored by:
Northeast Florida Area Health Education Center

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