Tobacco Free Florida .com

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

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

NORTHEAST FLORIDA AHEC
New Directions in Community Health

Follow us @NEFAHEC

LOCATION	DATE	TIME

Inspire & Rise Center

5927 Old Timuquana Rd., Jacksonville, FL 32210
Wednesdays (4-weeks)
Aug. 26 - Sept. 16, 2020
5:30pm - 6:30pm

Northeast Florida AHEC

2223 Oak St., Jacksonville, FL 32204
Thursday, August 27, 2020
1:00pm - 3:00pm

Inspire & Rise Center

5927 Old Timuquana Rd., Jacksonville, FL 32210
Wednesday, Sept. 30, 2020
10:00am - 12:00pm

Edward Waters College

1401 Grunthal St., Jacksonville, FL 32209
Tuesday, October 6, 2020
1:00pm - 3:00pm

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

Florida HEALTH