

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

## Class Schedule

Free Two-Hour  
*Tools to Quit* Program

**Wednesday, May 4**

**2:00 — 4:00 pm**

The Florida Department of Health  
In Seminole County  
400 W. Airport Blvd  
Sanford, 32773  
Administrative Conference Room

To Register or Learn More  
Call: 1-877-252-6094

**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.



Sponsored by: Central Florida AHEC and the Florida Department of Health.

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

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

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