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

Group Schedule

Shands Live Oak

Regional Medical Center

Hospital Cafe

1100 11th Street SW, Live Oak

Thursday

March 10th

6:00 PM - 8:00 PM

To register call

(866) 341-2730

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.

Tobacco Free Florida .com

Sponsored by: Suwannee River 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 Toll free 866.341.2730

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Group Schedule

Fort White Branch Library

17700 SW State Road 47

Fort White, FL 32038

Tuesday

March 8th

6:00 PM - 8:00 PM

To register call

(866) 341-2730

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.*

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Group Schedule

Lake City Medical Center

Classroom 1 (to right of Info Desk)

340 NW Commerce Drive

Saturday

March 12th

1 PM - 3 PM

To register call

(866) 341-2730

Sponsored by: Suwannee River AHEC and the Florida Department of Health.

FREE

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FREE

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Covers all forms of tobacco

** While supplies last and if medically appropriate.*

IQuit with AHEC.

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Lake City Medical Center

North Florida Regional Healthcare

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www.ahectobacco.com

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