

▶ August 2019



Calendar of Tobacco Cessation Programs

COUNTY	DATE	TIME	LOCATION	TYPE
Alachua	8/8	6:00 PM	The Cancer Center of NFRMC	TTQ
Alachua	8/21	1:00 PM	Newberry Branch Library	TTQ
Alachua	8/25	2:00 PM	Lucky's Market	TTQ
Alachua	8/27	4:00 PM	Hawthorne Branch Library	TTQ
Alachua	8/29	4:30 PM	Archer Branch Public Library	TTQ
Alachua	9/7	10:30 AM	Library Partnership	TTQ
Bradford	8/7	3:00 PM	Florida DOH in Bradford County	TTQ
Bradford	8/17	10:00 AM	Shands Starke	TTQ
Bradford	9/4	3:00 PM	Florida DOH in Bradford County	TTQ
Columbia	8/10	10:00 AM	Lake City Medical Center	TTQ
Columbia	8/18	2:00 PM	Shands Lake Shore	TTQ
Columbia	9/14	10:00 AM	Lake City Medical Center	TTQ
Dixie	8/27	1:00 PM	Tri-County Primary Care	TTQ
Dixie	9/24	1:00 PM	Tri-County Primary Care	TTQ
Gilchrist	8/12	5:30 PM	Gilchrist County Public Library	TTQ
Gilchrist	9/9	5:30 PM	Gilchrist County Public Library	TTQ
Hamilton	9/17	1:00 PM	Jasper Public Library	TTQ
Lafayette	8/15	10:00 AM	Lafayette Public Library	TTQ
Levy	8/7	1:00 PM	Tri-County Community Resource Ctr.	TTQ
Levy	8/24	10:00 AM	Williston Public Library	TTQ
Marion	8/5	2:00 PM	AdventHealth Ocala Auxililary Conf. Ctr.	TTQ
Marion	8/5	6:00 PM	Interfaith Emergency Services	TTQ
Marion	8/11	2:00 PM	Marion Public Library Headquarters	TTQ
Marion	8/19	2:00 PM	AdventHealth Ocala Auxililary Conf. Ctr.	TTQ
Marion	8/30	12:00 PM	Langley Health Services	TTQ
Marion	8/31	11:00 AM	Forest Public Library	TTQ
Putnam	8/6	4:30 PM	St. Andrew's Episcopal Church	TTQ
Putnam	8/22	2:00 PM	Melrose Public Library	TTQ
Putnam	8/28	5:30 PM	Putnam Community Medical Center	TTQ
Putnam	9/7	10:00 AM	Putnam Community Medical Center	TTQ
Putnam	9/10	4:30 PM	St. Andrew's Episcopal Church	TTQ
Suwannee	8/8	6:00 PM	Shands Live Oak	TTQ

Do you smoke?
Do you dip?
Do you want to quit... or quit again?

Suwannee River AHEC holds free Group Coaching.

Quit Smoking Now (QSN) – a six week program

Tools to Quit (TTQ) – a one-time, two-hour group.

Both programs cover all forms of tobacco, from cigarettes, cigars, to smokeless tobacco.

Participants in the group receive support, guidance, and a free one month supply of nicotine replacement therapy, such as nicotine patches, lozenges or gum.*

*If medically appropriate and 18 years of age or older.

To set yourself free from tobacco, call

(866) 341-2730

and register for a group near you.

Pre-registration is required.

tobaccofreeflorida.com/quityourway

