

▶ September 2022



Calendar of Tobacco Cessation Programs

COUNTY	DATE	TIME	LOCATION	TYPE
Alachua	9/7/22	5:30 PM	LifeSouth- NW 13th Street	TTQ
Alachua	9/15/22	5:30 PM	Pride Community Center of NCFL	TTQ
Alachua	9/20/22	12:00 PM	Hawthorne Branch Library	TTQ
Bradford	9/8/22	3:00 PM	Bradford County Health Department	TTQ
Columbia	9/20/22	5:30 PM	Columbia County Library - Main	TTQ
Columbia	9/27/22	5:30 PM	Palms Medical Group - Lake City W	TTQ
Dixie	9/22/22	11:30 AM	Dixie County Public Library	TTQ
Gilchrist	9/22/22	5:00 PM	Gilchrist County Public Library	TTQ
Hamilton	9/22/22	1:00 PM	Hamilton County Health Department	TTQ
Lafayette	9/8/22	5:30 PM	North FL Medical - Mayo	TTQ
Levy	9/12/22	1:30 PM	CareerSource Levy	TTQ
Levy	9/24/22	10:00 AM	Williston Public Library	TTQ
Marion	9/12/22	10:00 AM	Langley Health Services	QSN
Marion	9/17/22	1:00 PM	Marion Public Library Headquarters	TTQ
Marion	9/19/22	5:30 PM	Bellevue Community Center	TTQ
Marion	9/26/22	2:00 PM	AdventHealth Ocala	TTQ
Marion	9/28/22	5:30 PM	Marion Oaks Community Center	TTQ
Putnam	9/14/22	12:00 PM	Putnam County Health Department	TTQ
Putnam	9/29/22	10:00 AM	St. Andrew's Episcopal Church	TTQ
Suwannee	9/6/22	12:00 PM	Branford Public Library	TTQ
Suwannee	9/27/22	6:00 PM	Live Oak Public Library	TTQ
Union	9/28/22	11:00 AM	Union County Housing Authority	TTQ
Virtual	9/6/22	5:30 PM	Join on Zoom or over the phone	TTQ
Virtual	9/8/22	2:00 PM	Join on Zoom or over the phone	TTQ
Virtual	9/8/22	6:00 PM	Join on Zoom or over the phone	QSN
Virtual	9/10/22	10:00 AM	Join on Zoom or over the phone	TTQ
Virtual	9/21/22	10:00 AM	Join on Zoom or over the phone	TTQ
Virtual	9/25/22	2:00 PM	Join on Zoom or over the phone	TTQ

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



SUWANNEE RIVER
AREA HEALTH EDUCATION CENTER

holds free Group
Coaching.

**Quit Smoking
Now (QSN)** –
a four 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.

