

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

## Class Schedule

Quit Smoking Now classes run one hour for six consecutive weeks

### ***Quit Smoking Now***

Palm Beach Gardens Medical Center

Wednesdays @ 5:30 PM

Jupiter Medical Center

Mondays @ 5:30 PM

Wellington Regional Medical Center

Wednesdays @ 6:00 PM

Florida Blue Center Boynton Bch

Thursdays @ 5:30 PM

Boca Raton Hospital

Mondays @ 6:00 pm

The Crossroads Club Delray

Wednesdays @ 10:00 AM & 5:30 PM

Pahokee Community Center

Mondays @ 5:30

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

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

Toll free 877.819.2357