

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

## Class Schedule

### Tools to Quit

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**Baker County  
Department of Health  
480 West Lowder St  
Macclenny, FL**

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**Thursday**

**April 2, 2015**

**5:00pm - 7:00pm**

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**Call to Register  
(904) 482-0189**

**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: Northeast 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)

904.482.0189