

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

Class Schedule

Quit Smoking Now classes run one hour for six consecutive weeks and Tools-To-Quit classes are one-time 2 hour seminars designed for those unable to commit to the six week program.

Quit Smoking Now Classes

[Bethesda Hospital—Boynton Beach](#)

Tuesday 2-16 @ 5:30 PM

[Hanley Center—West Palm Beach](#)

Wednesday 2-17 @ 5:30 PM

[Florida Blue Center—Boynton Beach](#)

Thursday 3-3 @ 5:30 PM

[Jupiter Medical Center](#)

Monday 3-7 @ 5:30 PM

[IFK Cancer Center—Lake Worth](#)

Thursday 3-24 @ 5:15 PM

Tools To Quit Classes

Check our website calendar!

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

Toll free 877.819.2357