## The IQuit with AHEC Programs

- FREE No cost to participate in the IQuit with AHEC program
- FREE Nicotine replacement patches, gum, and lozenges \*
- Group counseling sessions led by trained tobacco cessation specialists or AHEC facilitators
- Programs cover 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 and Easy Ways to Quit.

### Help is FREE!!

For more information about AHEC or to register for classes, please call or visit our website.

813.929.1000

Toll free

877.848.6696

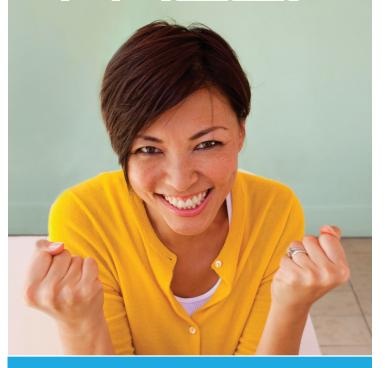


Serving the counties of: Citrus, Hernando, Hillsborough, Pasco and Pinellas.

www.ahectobacco.com

# If You're Ready to Quit Tobacco

# Help is







# Learn to Live Without Tobacco.



# Help is FREE

## **Program Options**

Option 1: A 2-hour session where participants learn how to develop a successful quit plan.

**Option 2:** Support groups meet once a week for 6 weeks and cover a variety of topics including coping with withdrawal symptoms, managing addiction and preventing relapse.

#### Week 1: Tobacco: Friend or Foe?

- Preparing to quit
- Nicotine replacement therapy

#### Week 2: Managing Addiction

- Why do you smoke?
- Reasons to quit
- Obstacles to quitting

#### Week 3: Let's Quit Now!

- What to do instead of smoking
- How much \$\$\$ will you save?
- Coping with withdrawal symptoms

#### Week 4: Develop A Plan for Life... Without Tobacco

- Nutrition and exercise
- Lifestyle review

#### Week 5: Preventing Relapse

- Stress management techniques
- Avoiding triggers

#### Week 6: Congratulations!

• Evaluation completion

## Nicotine Replacement:

FREE nicotine patches, lozenges and gum to help tobacco users cope with nicotine withdrawal symptoms (while supplies last and if medically appropriate).

### Group Counseling:

Is an effective and critical component of any quit attempt, and can double the success rate of quitting tobacco.





Sponsored by Gulfcoast North AHEC and the Florida Department of Health

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