

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.



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 FREE!



IQuit with AHEC.



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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