

FREE

TOBACCO CESSATION COUNSELING

Smokers in South Florida now have a powerful partner to help them become smoke free...

Miami-Dade AHEC



Our program was designed based on programs developed by the Center for Disease Control and Prevention, the National Cancer Institute, the American Lung Association, and the State of Florida in conjunction with former smokers. We have taken the BEST from the BEST to create a simple, easy to follow program that will help YOU kick the habit successfully!

WHO CAN ATTEND:

Anyone that would like help to quit using cigarettes or any other tobacco products. That includes...

- You
- A Family Member
- A Friend
- A Co-Worker
- A Client or Patient

WHAT SERVICES ARE OFFERED?

- ✓ Group support through our six-week counseling sessions.
- ✓ Individual support by appointment with one of Miami-Dade AHEC's tobacco cessation specialists.
- ✓ Education, information and resources on nicotine, nicotine replacement therapy, stress management, nutrition and other topics.

HOW MUCH DOES IT COST?

This service is completely FREE of charge to the community!

HOW DO I GET STARTED?

It's easy! Simply fill out the **Tobacco Cessation Support Referral Form** and send it back to us and one of our tobacco cessation specialists will contact you to set things up.

For more information or to refer yourself or a patient

Call: (305) 597-3640 or

E-mail: SmokeFree@mdahec.org

Log-on: www.mdahec.org/QuitNow